

Name _____

Sensory processing organises the sensations from one's own body and the world around us. For some children, their sensory integration does not develop as it should and may affect their sight, hearing, smell, touch, taste or spatial awareness. Children can experience hypersensitivity (excessive and undesirable reactions) or hyposensitivity (under-responsive and difficulty in processing responses) to stimuli.

This checklist aims to identify sensory processing issues. This is not a diagnostic tool and please also bear in mind the child's age, developmental stage and ability when completing the checklist. Education Psychologists and Occupational Therapists have been using this audit tool.

We suggest highlighting all that apply, perhaps using one colour for a behaviour you see regularly (perhaps daily or every other day) and using a different colour for behaviours you only see occasionally (perhaps weekly or longer)

Proprioception - Input / feedback informing movement, body position, weight, movement, spatial awareness

Hypersensitive	Hyposensitive
Resists activities that provide resistance	Unable to keep still, very fidgety, craves movement
Dislikes walking or climbing	Poor fine motor skills
Likes soft food	Walks on toes or stomps feet
Appears physically weak	Likes jumping / trampolining / bouncing on furniture
Moves slowly	Enjoys bear hugs - on own terms
Feels small movements as large extreme movements	Rocks, spins, flaps, takes risks
Easily becomes dizzy and sick	Loves rough / tumble play, tackling / wrestling games
Avoids hugs	Has sleeping difficulties
Doesn't like to wear shoes	Difficulties manipulating small objects - tying laces
Doesn't like tight fitting clothes	Clumsy, everything is done with too much force
Tires easily	Enjoys falling off objects
Dislikes rough and tumble play	Likes being wrapped in blanket / firm touch / massage
Becomes anxious around unpredictable movement	Grinds teeth
Drops to ground	Exerts too much pressure when handling objects
Avoids cracks in pavement	Unaware of personal space / body position in space
Avoids walking on certain textures	Wears clothes (belts, shoelaces) as tight as possible

Vestibular - Contributes to our balance system (inner ear) and our sense of spatial orientation

Hypersensitive to movement (Over-responsive)	Hyposensitive to movement (Under-responsive)
Fear of heights	Rocks, spins, hops, runs or bounces rather than walks
Fear of lifts / walking upstairs / uneven surfaces	Can't keep still
Dislikes head being tipped back (washing hair)	Like fast rides
Dislikes sudden movement / anxious if moved suddenly	Likes roundabout
Fears challenges to balance (being pushed / falling)	Spins self, possibly for hours and doesn't get dizzy
Dislikes playground equipment, ladders, slides, swings	Enjoys being thrown in air
Avoids active games (PE) avoids games requiring balance	Enjoys rough and tumble
Travel sickness	Seeks balancing activities
Dislikes stop and start of car	Likes climbing
Dislikes change of position, avoids rotating movements	Poor balance

Visual - sensitivity to lights, difficulty focusing, distracted by stimuli

Hypersensitive to visual input (Over-responsive)	Hyposensitive (under-Responsive / Difficulty With
Child covers eyes / withdraws from bright lights	Tracking, Discrimination or Perception)
Avoids certain / bright colours	Has difficulty distinguishing certain letters - p/q. b/d, x/+
Gets headaches from lights / reading / watching TV	Makes reversals in words - saw/was, no/on
Loses place when reading or doing maths problems	Looks down
Focus on detail	Difficulty in seeing different colours, shapes, sizes
Pays attention to small details	Seeks bright lights / flickering lights
Likes shiny objects / colourful resources	Poor eye contact
Prefers dark areas / playing in the dark	Rubs eyes hard / inappropriate staring
Avoids looking at TV or computer screen	Uses peripheral vision / sees double
Difficulty matching / sorting objects	Watches repetitive movements
Seems not to see objects on busy pictures	Enjoys flicking lights on and off
Constantly scans visual information	Like watching sand falling and water
Finds coloured lenses useful when reading	Lines up objects

Tactile - sensitivity related to touch, pressure

Hypersensitive to touch (Tactile defensiveness)	Hyposensitive (Under responsive)
Pulls away from light touch / avoids holding hands	High pain threshold
Avoids crowded situations	Excessively touches objects
Dislikes certain textures / removes clothes	Likes to touch/ stroke
Avoids messy activities	Needs to fiddle
Resists having teeth brushed / nails or hair cut / brushed	Likes pressure
Likes labels cut out of clothes	Has trouble keeping hands to self
Doesn't like getting hands or body wet	Cannot feel changes in temperature / wind on their body
Dislikes wearing shoes / socks / hats / gloves	Plays rough and tumble and aggressive games
Dislikes being dried by a towel / being tickled	Unaware of hurting others whilst playing
Low pain threshold	Gets frustrated when buttoning or unzipping clothes

Oral Input - sensitivity to taste, food preferences, oral stimuli

Hypersensitive (Oral defensiveness)	Hyposensitive (Under-registers)
Only eats certain foods, picky eater	Eats anything - Pica
Eats small range of foods, even certain brands	Eats very quickly
Hesitant to try new foods / flavours / textures	Likes excessively spicy, sweet, sour or salty food
Drinks through a straw or special bottle	Excessive drooling
Likes bland food / 'beige' food	Chews on hair, shirt, fingers
Refuses new food, may only eat soft food	Puts objects in the mouth
May only eat hot or cold foods	Acts as if all foods taste the same
Complains about spicy, salty, sweet sour food	Demands sauce, condiments and seasoning on food
Fears going to the dentist	Loves vibrating toothbrushes

Oral Motor - tactile sensitivity of the mouth

Hypersensitive (Over responsive)	Hyposensitive (Under responsive)
Dislikes or avoids fizzy drinks	Likes to chew - may chew edible and inedible objects
Dislikes or avoids chewing food	Likes to teeth grind
Avoids crunchy food	May bite cheek, tongue or lips
Dislikes having teeth brushed	May chew pencils or fingers
Dislikes fork / spoon	May overfill mouth with food, swallow large chunks

Auditory-Language - sensitivity to sounds, speaking, difficulty with spoken sounds

Hypersensitive (Over responsive)	Hyposensitive (Under-registers)
Doesn't like loud noises but makes own loud' noises	Shouts
Unable to locate the source of a sound	Talks off topic
Can hear sounds others are not aware of	Talks out loud
Puts fingers in ears	Sings / talks inappropriately
Puts hands over ears	Hums / sings / talks to self
Hides under table	Unaware of sounds or where they come from
Speaks in really quiet voice	Difficulty recalling / repeating / speaking articulately
Gets tired	Gets tired

Olfactory - sensitivity to smells, difficulty identifying odours, associates people / places / objects with smells

Hypersensitive (Over responsive)	Hyposensitive (Under responsive)
Avoids areas of school home	Seeks certain smells
Bothered by smells that do not bother others	Finds discriminating unpleasant odours
Offended by bathroom smells	Puts unpleasant smelling objects into their mouth
Plays / refuses to play with a child because of their smell	Cannot smell scratch'n'sniff stickers
Covers nose	Smells objects / people
Refuses certain foods (see taste)	Uses smell to interact with objects