

Sensory Checklist

Adapted from the book *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues*.
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Touch

	AVOIDS	SEEKS	MIXED	NEUTRAL
Being touched lightly	☐	☐	☐	☐
Receiving hugs and cuddles	☐	☐	☐	☐
Certain clothing fabrics, seams, tags, waistbands, cuffs, etc.	☐	☐	☐	☐
Clothing, shoes, or accessories that are very tight or very loose	☐	☐	☐	☐
Wearing new clothing or costumes	☐	☐	☐	☐
Getting hands, face, or other body parts “messy” with paint, glue, sand, food, lotion, etc.	☐	☐	☐	☐
Grooming activities, such as face and hair washing, brushing, cutting, and nail trimming	☐	☐	☐	☐
Taking a bath, shower, or swimming	☐	☐	☐	☐
Getting toweled dry	☐	☐	☐	☐
Feeling particular food textures and temperatures in the mouth, such as mushy, slippery, crumbly, hot, cold	☐	☐	☐	☐
Standing close to other children or adults	☐	☐	☐	☐
Walking barefoot	☐	☐	☐	☐



Proprioception (Body Position)

	AVOIDS	SEEKS	MIXED	NEUTRAL
Active play, such as roughhousing, jumping, banging, pushing, bouncing, climbing, hanging	☐	☐	☐	☐
High-risk play, such as jumping from extreme heights, climbing very high trees, riding bicycle over gravel	☐	☐	☐	☐
Fine motor tasks, such as writing, drawing, closing buttons and snaps, using scissors, attaching pop beads and snap-together building toys	☐	☐	☐	☐
Activities requiring physical strength and force	☐	☐	☐	☐
Having eyes closed or covered	☐	☐	☐	☐
Sitting with erect posture on the floor or in a chair	☐	☐	☐	☐



Vestibular (Movement)

AVOIDS SEEKS MIXED NEUTRAL

Being moved passively by another person (rocked or twirled by an adult, pushed in a wagon)

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Riding equipment that moves through space, such as swings, seesaws, escalators and elevators

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Spinning activities, such as carousels, spinning toys, spinning in circles

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Activities that require changes in head position, such as bending over sink or having head upside down

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Challenges to balance, such as skating, bicycle riding, and balance beams

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Climbing and descending stairs, slides, and ladders

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Being up high, such as at the top of a slide

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Riding an escalator

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Being on less stable surfaces, such as deep-pile carpet, grass, sand, and snow

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Riding in a vehicle such as a car, bus, boat or other form of transportation

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Sitting still on a chair or couch or on the floor

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Auditory

AVOIDS SEEKS MIXED NEUTRAL

Hearing loud or unexpected sounds, such as car horns, sirens, loud music, baby crying

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Being in noisy settings, such as a crowded restaurant, party, or busy store

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Watching TV or listening to music at very high or very low volume

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Speaking or being spoken to amid other sounds or voices

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Background noise, such as music, dishwasher, or fan when trying to concentrate on a task

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Games and dances with rapid verbal instructions, such as Simon Says or the Hokey Pokey

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Back-and-forth, interactive conversations

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Hearing unfamiliar sounds, silly voices, or a foreign language

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Singing alone or with others

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Visual

AVOIDS SEEKS MIXED NEUTRAL

Learning to read or reading for more than a few minutes

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Looking at shiny, spinning, or moving objects

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Activities that require eye-hand coordination, such as baseball, catch, stringing beads, writing, and tracing	☐	☐	☐	☐
Tasks requiring visual analysis, such as puzzles, mazes, and hidden pictures	☐	☐	☐	☐
Activities that require discriminating among colors, shapes, and sizes	☐	☐	☐	☐
Visually busy places, such as stores and crowded playgrounds	☐	☐	☐	☐
Finding specific objects in a crowded visual field, such as a particular shirt in a drawer or book on a shelf	☐	☐	☐	☐
Very bright light or sunshine, or being photographed with a flash	☐	☐	☐	☐
Dim lighting, shade, or the dark	☐	☐	☐	☐
Action-packed, colorful television, movies, or computer/video games	☐	☐	☐	☐
New visual experiences, such as looking through a kaleidoscope or colored glass	☐	☐	☐	☐



Taste and Smell

	AVOIDS	SEEKS	MIXED	NEUTRAL
Smelling unfamiliar scents	☐	☐	☐	☐
Strong odors, such as perfume, coffee, gasoline, cleaning products	☐	☐	☐	☐
Smelling objects that aren't food such as flowers, plastic items, Play-Doh, and garbage	☐	☐	☐	☐
New foods	☐	☐	☐	☐
Eating familiar foods	☐	☐	☐	☐
Eating strongly flavored foods (very spicy, salty, bitter, sour, or sweet)	☐	☐	☐	☐



Interoception (Internal Physical Sense)

	ALWAYS	SOMETIMES	NEVER	NOT SURE
Aware of hunger or fullness	☐	☐	☐	☐
Aware of thirst	☐	☐	☐	☐
Aware of being hot or cold	☐	☐	☐	☐
Aware of need to pee or poop	☐	☐	☐	☐
Aware of rapid heartbeat	☐	☐	☐	☐
Aware of pain or discomfort	☐	☐	☐	☐
Able to identify source of pain or discomfort	☐	☐	☐	☐
Aware of energy level, such as being tired or fatigued	☐	☐	☐	☐
Aware of emotional experiences, such as being excited, anxious, or overwhelmed	☐	☐	☐	☐