

Sensory Checklist

From *Raising a Sensory Smart Child*, © Biel & Peske, 2005

TOUCH				
	AVOIDS	SEEKS	MIXED	NEUTRAL
Being touched on some body parts, hugs and cuddles	☐	☐	☐	☐
Certain clothing fabrics, seams, tags, waistbands, cuffs, etc.	☐	☐	☐	☐
Clothing, shoes, or accessories that are very tight or very loose	☐	☐	☐	☐
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	☐	☐	☐	☐
Trying new foods	☐	☐	☐	☐
Feeling particular food textures and temperatures inside the mouth—mushy, smooth, etc.	☐	☐	☐	☐
Standing close to other people	☐	☐	☐	☐
Walking barefoot	☐	☐	☐	☐

PROPRIOCEPTION (BODY SENSE)				
	AVOIDS	SEEKS	MIXED	NEUTRAL
Activities such as roughhousing, jumping, banging, pushing, bouncing, climbing, hanging, and other active play	☐	☐	☐	☐
High-risk play (jumps from extreme heights, climbs very high trees, rides bicycle over gravel)	☐	☐	☐	☐
Fine motor tasks such as writing, drawing, closing buttons and snaps, attaching pop beads and snap-together building toys	☐	☐	☐	☐
Activities requiring physical strength and force	☐	☐	☐	☐
Eating crunchy foods (pretzels, dry cereal, etc.) or chewy foods (e.g., meat, caramels)	☐	☐	☐	☐
Smooth, creamy foods (yogurt, cream cheese, pudding)	☐	☐	☐	☐
Having eyes closed or covered	☐	☐	☐	☐

VESTIBULAR (MOVEMENT SENSE)				
	AVOIDS	SEEKS	MIXED	NEUTRAL
Being moved passively by another person (rocked or twirling by an adult, pushed in a wagon)	☐	☐	☐	☐
Riding equipment that moves through space (swings, teeter-totter, escalators and elevators)	☐	☐	☐	☐
Spinning activities (carousels, spinning toys, spinning around in circles)	☐	☐	☐	☐
Activities that require changes in head position (such as bending over sink) or having head upside down (such as somersaults, hanging from feet)	☐	☐	☐	☐
Challenges to balance such as skating, bicycle riding, skiing, and balance beams	☐	☐	☐	☐
Climbing and descending stairs, slides, and ladders	☐	☐	☐	☐
Being up high, such as at the top of a slide or mountain overlook	☐	☐	☐	☐
Less stable ground surfaces such as deep pile carpet, grass, sand, and snow	☐	☐	☐	☐
Riding in a car or other form of transportation	☐	☐	☐	☐

AUDITORY/LISTENING				
	AVOIDS	SEEKS	MIXED	NEUTRAL
Hearing loud sounds—car horns, sirens, loud music or TV	☐	☐	☐	☐
Being in noisy settings such as a crowded restaurant, party, or busy store	☐	☐	☐	☐
Watching TV or listening to music at very high or very low volume	☐	☐	☐	☐
Speaking or being spoken to amid other sounds or voices	☐	☐	☐	☐
Background noise when concentrating on a task (music, dishwasher, fan, etc.)	☐	☐	☐	☐
Games with rapid verbal instructions such as Simon Says or Hokey Pokey	☐	☐	☐	☐
Back-and-forth, interactive conversations	☐	☐	☐	☐
Unfamiliar sounds, silly voices, foreign language	☐	☐	☐	☐
Singing alone or with others	☐	☐	☐	☐

VISION				
	AVOIDS	SEEKS	MIXED	NEUTRAL
Learning to read or reading for more than a few minutes	☐	☐	☐	☐
Looking at shiny, spinning, or moving objects	☐	☐	☐	☐
Activities that require eye-hand coordination such as baseball, catch, stringing beads, writing, and tracing	☐	☐	☐	☐
Tasks requiring visual analysis like puzzles, mazes, and hidden pictures	☐	☐	☐	☐
Activities that require discriminating between colors, shapes, and sizes	☐	☐	☐	☐
Visually "busy" places such as stores and crowded playgrounds	☐	☐	☐	☐
Finding objects such as socks in a drawer or a particular 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, gasoline, cleaning products	☐	☐	☐	☐
Smelling objects that aren't food such as flowers, plastic items, playdough, and garbage	☐	☐	☐	☐
Eating new foods	☐	☐	☐	☐
Eating familiar foods	☐	☐	☐	☐
Eating strongly flavored foods (very spicy, salty, bitter, sour, or sweet)	☐	☐	☐	☐