



Sensory checklist

The aim of this resource is to help you to start to understand your child's sensory world. Each box contains a few simple examples of the ways that someone may respond to input in the various sensory areas. These are clues that you can use to understand the different way that your child might process sensory information.

Note: this resource is for information only - it is not a diagnostic tool.



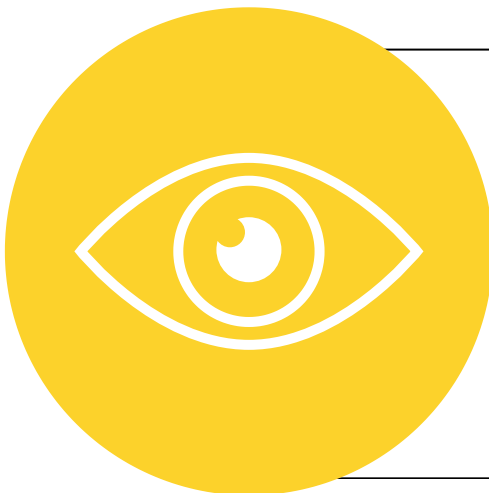
Auditory (Hearing)

Over-responsive

- Dislikes loud noises or noisy places (covers ears, shows discomfort)
- Able to hear very quiet sounds that others cannot

Under-responsive

- Struggles to follow instructions
- Actively seeks out (or makes) loud noises



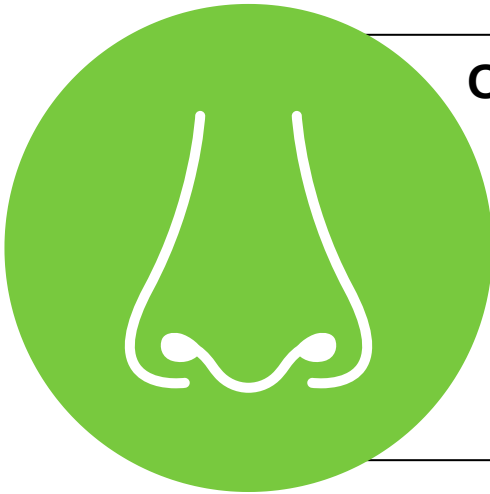
Visual (Sight)

Over-responsive

- Easily distracted by visual stimulation

Under-responsive

- Likes to flick objects in front of eyes or look at lights



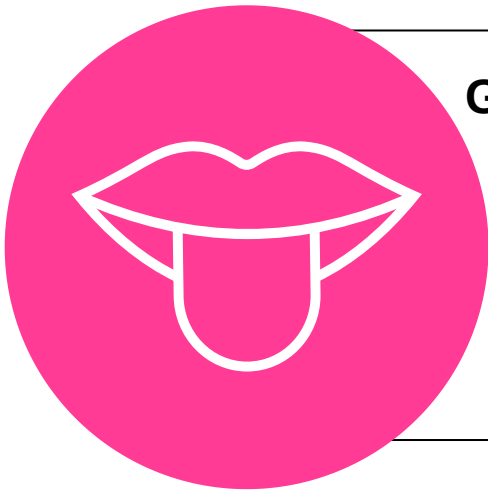
Olfactory (Smell)

Over-responsive

- Dislikes strong smells or certain smells

Under-responsive

- Sniffs things



Gustatory (Taste)

Over-responsive

- Dislikes strong tastes or certain tastes

Under-responsive

- Prefers strong tastes



Tactile (Touch)

Over-responsive

- Dislikes being touched
- Finds clothing uncomfortable

Under-responsive

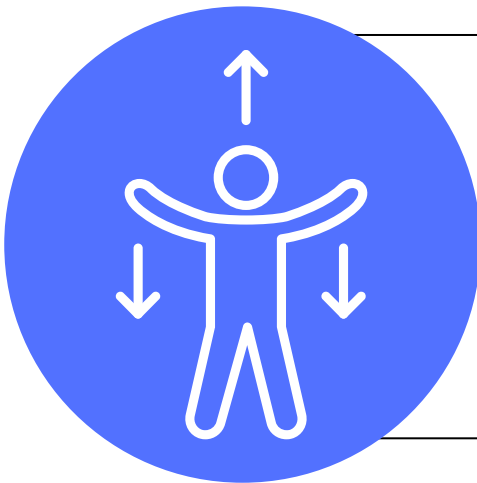
- Likes lots of touching and hugging



Vestibular (Balance)

Over-responsive

- Dislikes sudden movements
- Avoids active games
- Has difficulty riding a bike
- **Under-responsive**
- Enjoys rough and tumble
- Rocks body or shakes leg when sitting



Proprioception

(Registering body position and pressure or grading movement.)

- Fidgety, often wants to move
- Likes to squeeze into small tight spaces
- Likes to bang toys and objects
- Enjoys falling off objects



Interoception

(feeling and interpreting what's happening inside our body)

- Often too hot or too cold
- Finds it difficult to tell when they need the toilet
- Finds it difficult to tell when they are hungry or thirsty