



Sensory Worksheet

	Over-Responsive (need less)	Under-Responsive (need more)
Tactile (Touch)	☐ Avoids or is overly sensitive to physical touch ☐ Doesn't like tickles or is excessively ticklish ☐ Avoids hugs ☐ Sensitive to tags, seams, etc. on clothing ☐ Dislikes hair brushing, nail trimming, getting a haircut ☐ Dislikes sticky or messy hands or face ☐ Avoidance of bare feet in sand or grass, touching dirt, sand or messy materials (e.g., finger painting)	☐ Puts items in mouth ☐ Holds objects ☐ Runs into people or objects ☐ May be unaware of light touch ☐ Likes tight hugs or tight clothes ☐ Always seeking touch from others ☐ Doesn't mind messy hands or face ☐ Unintentionally rough with others ☐ Seems to touch everything
Vestibular (Movement)	☐ Prefers more sedentary activities ☐ Avoids chase games ☐ Dislikes swinging, sliding or anything requiring feet to be off the ground ☐ Fearful of unstable surfaces (escalators, elevators, etc.) ☐ Fearful of heights ☐ Gets motion sick easily	☐ Seems like they are constantly moving ☐ Seek out spinning, swinging, being upside down, jumping, rocking ☐ Increased visual attention to spinning objects (e.g., overhead fans) ☐ Impulsive movement ☐ Leans chair back when seated ☐ Frequently gets up or walks around when not supposed to in class
Proprioceptive (body position)	Many resources do not seek proprioceptive input as being over-responsive as proprioceptive input is always considered helpful to the nervous system ☐ Frequent falling ☐ Clumsiness or poor balance ☐ Poor posture, slumps in seat ☐ Poor body awareness ☐ Uses too little pressure when writing or coloring	☐ Enjoys jumping, climbing, wrestling, crashing ☐ Walks on toes or walks heavily ☐ Sucks thumb/fingers, chews on cloths/toys ☐ Grinds teeth, cracks knuckles ☐ Enjoys tight hugs and being squished ☐ Self-abusive behaviors-punching, biting, head-banging ☐ Prefers tight fitting clothes or pressure on their body ☐ Uses too much or too little force on objects
Visual	☐ Dislikes bright lights or seems sensitive to the sun ☐ Struggles with sudden changes in lighting ☐ Dislikes visually busy or cluttered places ☐ Avoids eye contact ☐ Rubs eyes often	☐ Brings toys, hands or objects close to face ☐ Prefers light up toys or toys with movement



Auditory (Sound)	☐ Dislikes noisy places ☐ Startles easily to unexpected sounds, may cover ears ☐ Easily distracted or bothered by background noises ☐ Asks others to be quiet ☐ Hums to block out background noise	☐ Seems unaware of sounds ☐ Seeks noise making toys ☐ May not consistently respond to name (always rule out hearing loss as an initial cause) ☐ Makes silly sounds at inappropriate times or frequently ☐ Hums in order to hear the sound of humming
Smell/Taste	☐ Reacts to strong scents, notices smells others don't ☐ Plugs nose, avoids places with strong scents ☐ Limited food preferences ☐ Dislikes mixed textures (cereal and milk, chunky soup) ☐ Avoids certain textures ☐ Difficulty tolerating teeth brushing ☐ Drooling	☐ Smells and licks inedible objects ☐ Likes strong odors ☐ Prefers strong flavored food ☐ Chews or bites on clothing

**Additional
notes:**

Complete this section after the assessment	Over-Responsive Sensory Types: ☐ ☐ ☐ ☐ ☐ Activities to try: ☐ ☐	Under-Responsive Sensory types: ☐ ☐ ☐ ☐ ☐ Activities to try: ☐ ☐
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