

Child's name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

The items are examples and not all inclusive. Similar behaviors from when your child was younger can also be significant.

Sensory System	Sensory Craving (may also be under-responsive)	Typical Responsiveness	Over-responsive, Sensory Avoiding
<b>Auditory</b>	<ul style="list-style-type: none"> <li>Makes frequent or unusual noises</li> <li>Often doesn't hear name called</li> <li>Easily confused by or doesn't respond to verbal directions</li> <li>Hard to understand speech</li> </ul>	<ul style="list-style-type: none"> <li>Usually responds when name is called</li> <li>Able to focus in noisy environment</li> <li>Understands directions well</li> </ul>	<ul style="list-style-type: none"> <li>Dislikes/upset by loud noises, covers ears, startles easily</li> <li>Struggles in noisy, busy environments</li> <li>Bothered by others' talking, music, or TV</li> <li>Talks constantly and/or loudly</li> </ul>
<b>Visual</b>	<ul style="list-style-type: none"> <li>Easily "lost" in small visual activities such as Legos or art</li> <li>Overly intense and preoccupied with screen time</li> <li>Preoccupied with things that sparkle, shimmer, or move</li> </ul>	<ul style="list-style-type: none"> <li>Able to easily shift focus between a small visual activity and the environment</li> <li>Regulates screen time well</li> <li>Adequate reading abilities</li> </ul>	<ul style="list-style-type: none"> <li>Bothered by bright lights, squints</li> <li>Poor eye contact</li> <li>Overwhelmed by clutter/unable to find things</li> <li>Easily distracted by items or people in environment</li> </ul>
<b>Oral/ Smell</b>	<ul style="list-style-type: none"> <li>Beyond toddler age - chews on fingers, shirt, objects; or dependent on pacifier</li> <li>Misses smells others notice</li> <li>Overstuffs mouth when eating</li> </ul>	<ul style="list-style-type: none"> <li>Eats a varied selection of food</li> <li>Brushes teeth without resistance</li> <li>Notices but not overly upset by smells</li> </ul>	<ul style="list-style-type: none"> <li>Limited diet; avoids foods, especially if slimy, mixed, or unfamiliar; may crave certain foods or sweets</li> <li>Gags easily, complains of textures</li> <li>Distress and resistance to toothbrushing</li> <li>Upset by smells, reacts to minor smells</li> </ul>
<b>Touch</b>	<ul style="list-style-type: none"> <li>Loves messy play</li> <li>Hurts themselves (pinch, bite, hit)</li> <li>Frequently touching or fidgeting</li> <li>Loves and seeks hugs, backrubs, back scratching, pressure, etc.</li> <li>Diminished awareness of pain, food on face, twisted clothing, being bumped or touched</li> </ul>	<ul style="list-style-type: none"> <li>Accepts hugs/kisses appropriately</li> <li>Able to complete an activity with a non-preferred texture</li> <li>Accepts but does not intensely seek backrubs or back scratching, hugs, etc.</li> <li>Appropriate pain awareness</li> </ul>	<ul style="list-style-type: none"> <li>Dislikes/avoids getting wet or messy</li> <li>Distress and resistance to nail care, face washing, hair care, splashing water, etc.</li> <li>Avoids or strongly controls touch by others, may rub a spot after being touched</li> <li>Bothered by clothing - tags, buttons, sock seams, fabric; avoids going barefoot</li> <li>Strongly upset by minor injuries</li> </ul>
<b>Movement</b>	<ul style="list-style-type: none"> <li>Constantly moving or wiggling, hates sitting still, rocks in chair</li> <li>Loves spinning and high swinging</li> <li>Reckless, bumps, jumps, crashes</li> <li>Craves wrestling or roughhousing</li> </ul>	<ul style="list-style-type: none"> <li>Balances active and sedentary play</li> <li>Enjoys movement, but does not crave it</li> </ul>	<ul style="list-style-type: none"> <li>Avoids or upset by somersaults, rapid spinning, being upside down, or unstable</li> <li>Strongly prefers sedentary, or solitary, quiet activities</li> <li>May be overly cautious</li> </ul>
<b>Body Awareness</b>	<ul style="list-style-type: none"> <li>Trips, falls, clumsy, or unsure</li> <li>Uses excessive force with toys</li> <li>Slow to learn motor tasks/toileting</li> <li>Dislikes fine motor activities - i.e. coloring, clothing fasteners</li> <li>Frequently in other people's space</li> </ul>	<ul style="list-style-type: none"> <li>Good body awareness</li> <li>Average to good coordination</li> <li>Learns tasks easily</li> </ul>	<ul style="list-style-type: none"> <li>Rigid body posture or locks joints</li> <li>Overreacts to being moved or bumped.</li> </ul>
<b>Self-Regulation</b>	<ul style="list-style-type: none"> <li>Immediately active in the morning</li> <li>Difficulty making friends - unsafe, impulsive, or aggressive</li> <li>Excitable, easily "wound up"</li> </ul>	<ul style="list-style-type: none"> <li>Easily adjusts attention and effort to the activity and between activities</li> <li>Makes friends easily, can give and take during activities</li> </ul>	<ul style="list-style-type: none"> <li>Difficulty falling and/or staying asleep</li> <li>Upset by transitions and unexpected changes, irritable, moody</li> <li>Withdrawn or controlling with peers</li> <li>Aggressive/impulsive when overwhelmed</li> </ul>

This checklist draws from numerous researchers with different perspectives, including Lucy Jane Miller, PhD, OTR, and Winnie Dunn, PhD, OTR.