

# SENSORY checklist

Please rate each section as:

**Mild -** Minor issues not affecting general functioning

**Moderate -** Affecting some aspects of functioning in some settings

**Severe -** Severe impairment affecting functioning across school and home environment

## 1. Hypersensitivity To Touch

**Mild**

**Moderate**

**Severe**

**Examples-** Dislikes light or unexpected touch, does not like to be held or cuddled; avoids standing in close proximity to other people or peers, complains about having hair brushed; may overreact to minor cuts, scrapes, and or bug bites, avoids touching certain textures of material ,refuses to wear new or clothes with rough textures. Avoids "messy play", distressed by seams in socks and may refuse to wear them, distressed by clothes rubbing on skin; distressed about having face washed, hair, toenails or finger nails being cut; resists brushing teeth, is a picky eater, only eating certain tastes and textures; resists trying new foods, may refuse to walk barefoot on grass or sand, may walk on toes only

## 2. Hyposensitivity To Touch

**Mild**

**Moderate**

**Severe**

**Examples-** may crave touch, needs to touch everything and everyone, is not aware of being touched/bumped unless done with extreme force or intensity, is not bothered by injuries, shows no distress with pain, may be self-injurious; pinching, biting, or banging own head, mouths objects excessively, frequently accidentally hurts other children while playing, repeatedly touches surfaces or objects that are soothing, seeks out surfaces and textures that provide strong tactile feedback, thoroughly enjoys and seeks out messy play, craves vibrating or strong sensory input e.g rough pressure

## 3. Poor Tactile Perception and Discrimination

**Mild**

**Moderate**

**Severe**

**Examples-** Has difficulty with fine motor tasks such as buttoning, zipping, and fastening clothes, may not be able to identify which part of their body was touched if they were not looking, may be a messy dresser; looks dishevelled, does not notice pants are twisted, shoes are untied, one pant leg is up and one is down, etc. Has difficulty using scissors, crayons, or silverware, has difficulty figuring out physical characteristics of objects; shape, size, texture, temperature, weight, etc. may not be able to identify objects by feel,

#### **4. Hypersensitivity To Movement**

- Mild**   
**Moderate**   
**Severe**

**Examples-** avoids/dislikes playground equipment; i.e., swings, ladders, slides, or merry-go-rounds, prefers sedentary tasks, moves slowly and cautiously, avoids taking risks, avoids/dislikes elevators and escalators; may appear terrified of falling even when there is no real risk of it, afraid of heights, even the height of a curb or step, fearful of going up or down stairs or walking on uneven surfaces, afraid of being tipped upside down, sideways or backwards; will strongly resist getting hair washed over the sink, may be fearful of, and have difficulty riding a bike, jumping, hopping, or balancing on one foot loses balance easily and may appear clumsy, avoids swinging or rotating movements

#### **5. Hyposensitivity To Movement**

- Mild**   
**Moderate**   
**Severe**

**Examples-** in constant motion, can't seem to sit still, craves fast, spinning, and/or intense movement experiences, could spin for hours and never appear to be dizzy, loves the fast, intense, and/or scary rides at amusement parks, always jumping on furniture, trampolines, spinning in a swivel chair, or getting into upside down positions, loves to swing as high as possible and for long periods of time, is a "thrill-seeker"; dangerous at times, always running, jumping, hopping etc. instead of walking, rocks body, shakes leg, or head while sitting

#### **6. Poor Muscle Tone And /or Coordination**

- Mild**   
**Moderate**   
**Severe**

**Examples-** has a limp, "floppy" body, frequently slumps, lies down, and/or leans head on hand or arm while working at his/her desk, difficulty simultaneously lifting head, arms, and legs off the floor while lying on stomach. tires easily, compensates for "looseness" by grasping objects tightly, difficulty turning doorknobs, handles, opening and closing items, difficulty catching him/her- self if falling, difficulty getting dressed and doing fasteners, zippers, and buttons, may have never crawled as an

baby, has poor body awareness; bumps into things, knocks things over, trips, and/or appears clumsy, poor gross motor skills; jumping, catching a ball, jumping jacks, climbing a ladder etc. Poor fine motor skills; difficulty using "tools", such as pencils, silverware, combs, scissors etc.

### **7. Sensory Seeking Behaviours:**

- Mild**   
**Moderate**   
**Severe**

Examples- seeks out jumping, bumping, and crashing activities, stomps feet when walking, kicks his/her feet on floor or chair while sitting at desk/table, bites or sucks on fingers and/or frequently cracks his/her knuckles, loves to be tightly wrapped in many or weighted blankets, especially at bedtime, prefers to be as tight as possible, enjoys bear hugs, loves "rough play" and tackling/wrestling games, frequently falls on floor intentionally, would jump on a trampoline for hours on end, frequently hits, bumps or pushes other children, chews on pens, straws, shirt sleeves etc.

### **8. Difficulty with "Grading Of Movement":**

- Mild**   
**Moderate**   
**Severe**

Examples- difficulty regulating pressure when writing/drawing; may be too light to see or so hard the tip of writing utensil breaks, written work is messy and he/she often rips the paper when erasing, misjudges the weight of an object, such as a glass of juice, picking it up with too much force sending it flying or spilling, or with too little force and complaining about objects being too heavy, seems to do everything with too much force; e.g. walking, slamming doors, pressing things too hard, slamming objects down, plays with animals with too much force, often hurting them

### **9. Hypersensitivity to Sounds**

- Mild**   
**Moderate**   
**Severe**

Examples- distracted by sounds not normally noticed by others; i.e., humming of lights or refrigerators, fans, heaters, or clocks ticking, started with or distracted by loud or unexpected sounds, frequently asks people to be quiet; i.e., stop making noise, talking, or singing, runs away, cries, and/or covers ears with loud or unexpected sounds

### **10. Hyposensitivity to Sounds**

- Mild**

- Moderate**              
**Severe**

Examples- often does not respond to verbal cues or to name being called, appears to "make noise for noise's sake", loves excessively loud music or TV.

### **11. Hypersensitivity to Oral Input**

- Mild**                   
**Moderate**           
**Severe**

Examples- picky eater, often with extreme food preferences; may only eat "soft" or pureed foods past 24 months of age, may gag with textured foods

### **12. Hyposensitivity to Oral Input**

- Mild**                   
**Moderate**           
**Severe**

Examples- may lick, taste, or chew on inedible objects, prefers foods with intense flavour; frequently chews on hair, shirt, or fingers, constantly putting objects in mouth past the toddler years

### **13. Hypersensitivity to Smells**

- Mild**                   
**Moderate**           
**Severe**

Examples- reacts negatively to, or dislikes smells which do not usually bother, or get noticed, by other people, refuses to eat certain foods because of their smell, bothered/irritated by smell of perfume or cologne,

### **14. Hyposensitivity to Smells**

- Mild**                   
**Moderate**           
**Severe**

Examples- has difficulty discriminating unpleasant odours, does not notice odours that others usually complain about, makes excessive use of smelling when introduced to objects, people, or places, uses smell to interact with objects

### **15. Hypersensitivity to Visual Input**

- Mild**   
**Moderate**   
**Severe**

**Examples-** sensitive to bright lights; will squint, cover eyes, cry and/or get headaches from the light, has difficulty keeping eyes focused on task/activity he/she is working on for an appropriate amount of time, easily distracted by other visual stimuli in the room; has difficulty in bright colourful rooms or a dimly lit room, avoids eye contact, enjoys playing in the dark

### **16. Hyposensitivity to Visual Input**

- Mild**   
**Moderate**   
**Severe**

**Examples-** has difficulty telling the difference between similar printed letters or figures; i.e., p & q, b & d, + and x, or square and rectangle, has a hard time seeing the "big picture"; i.e., focuses on the details or patterns within the picture, often loses place when copying from a book or the chalkboard, has difficulty telling the difference between different colours, shapes, and sizes, complains about "seeing double" confuses left and right, difficulty judging spatial relationships in the environment; i.e., bumps into objects/people or missteps on curbs and stairs

### **17. Auditory-Language Processing Dysfunction:**

- Mild**   
**Moderate**   
**Severe**

**Examples-** unable to locate the source of a sound, difficulty identifying people's voices, difficulty filtering out other sounds while trying to pay attention to one person talking, difficulty attending to, understanding, and remembering what is said or read; often asks for directions to be repeated and may only be able to understand or follow two sequential directions at a time, difficulty putting ideas into words (written or verbal) often talks out of turn or "off topic", if not understood, has difficulty re-phrasing; may get frustrated, angry, and give up

### **18. Social, Emotional, Play, And Self-Regulation Dysfunction:**

- Mild**   
**Moderate**   
**Severe**

**Examples-** difficulty getting along with peers, prefers playing by self with objects or toys rather than with people, does not interact reciprocally with peers or adults; hard to have a "meaningful" two-way conversation, others have a hard time interpreting child's cues, needs, or emotions, does not seek out connections with familiar people, difficulty accepting changes in routine, functions best in small group or individually, prone to outbursts and tantrums, difficulty appropriately making needs known, participates in repetitive play for hours; i.e., lining up toys cars, blocks, watching one movie over and over etc. can't calm or soothe self through pacifier, comfort object, or caregiver, can't go from sleeping to awake without distress

## **19. Internal Regulation**

**Mild**

**Moderate**

**Severe**

**Examples-** becoming too hot or too cold sooner than others in the same environments, may not be able to maintain body temperature effectively, difficulty in extreme temperatures or going from one extreme to another, respiration that is too fast, too slow, or cannot switch from one to the other easily as the body demands an appropriate respiratory response, heart rate that speeds up or slows down too fast or too slow based on the demands imposed on it, respiration and heart rate that takes longer than what is expected to slow down during or after exertion or fear, severe/several mood swings throughout the day (angry to happy in short periods of time, perhaps without visible cause), unpredictable state of arousal or inability to control arousal level, difficulty with potty training; does not seem to know when he/she has to go (i.e., cannot feel the necessary sensation that bowel or bladder are full, unable to regulate thirst/hunger.

Any additional concerns to be added: