



Sensory Checklist

Movement/Balance

My child is under-sensitive to movement. He shows the need for movement by...

- ☐ Running/rocking/spinning
- ☐ Climbing on counters
- ☐ Wriggling in his seat
- ☐ Other:

Some suggestions:

- Try running games, like tag or races.
- Give your child a lot of opportunity to play on playground equipment such as swings, slides and seesaws.

My child is over-sensitive to movement. He shows that movement makes him uncomfortable by...

- ☐ Getting upset on escalators, swings, see-saws or slides
- ☐ Lying on the floor
- ☐ Expressing a dislike of movement games (such as baseball, basketball or somersaults)
- ☐ Other:

Some suggestions:

- Try to help your child learn table top games, such as board games and other activities during which he can sit still.
- Make sure your child's feet can touch the ground when he sits.

Touch

My child is under-sensitive to touch and shows his need for it. He...

- ☐ Wants big hugs
- ☐ Insists on wearing tight-fitting clothes
- ☐ Likes crunchy, chewy foods
- ☐ Leans on other people
- ☐ Chews on his clothing
- ☐ Likes climbing on furniture and people
- ☐ Other:



Sensory Checklist continued

Some suggestions:

- Give your child firm handshakes or high-fives during the day.
- Read touch-and-feel books. For example, find or make an animal book with something like a duck covered in feathers or a sheep made out of soft yarn.
- Let your child guess what objects are by touching them only.
- Play clapping games, such as pat-a-cake or taking turns putting hands on top of the other person's.
- Let your child punch a punching bag a few times a day.
- Keep hand toys—such as squishy balls, little cars or figures—ready for your child.

My child shows he is over-sensitive to touch. He ...

- ☐ Dislikes certain clothing textures
- ☐ Dislikes wearing hats and gloves
- ☐ Dislikes getting his hair washed or cut
- ☐ Dislikes sitting or standing close to others
- ☐ Doesn't want to finger-paint or use playdough
- ☐ Other:

Some suggestions:

- Find loose clothes and let your child wear mittens instead of gloves.
- Let your child paint with a brush, or manipulate the playdough with a spatula if he doesn't want to touch it.

Hearing

My child is under-sensitive to sound. He ...

- ☐ Doesn't always respond to his name
- ☐ Doesn't appear to hear what people say
- ☐ Likes certain music and sounds
- ☐ Tunes out in the middle of a conversation
- ☐ Other:

Some suggestions:

- Put animation in your voice to help your child pay attention to what you say.
- Try singing to get your child's attention.

My child is over-sensitive to sound. He ...

- ☐ Gets upset in noisy rooms
- ☐ Hears the faintest sound
- ☐ Wants me to use a soft voice (especially when he's upset)
- ☐ Doesn't want me to talk a lot (especially when he's upset)
- ☐ Gets upset by loud noises
- ☐ Covers his ears when he hears certain sounds
- ☐ Other:



Sensory Checklist continued

Some suggestions:

- Talk softly and stay calm.
- Speak in short, simple sentences and don't say too much at one time.
- Have earplugs ready for noisy rooms.

Sight

My child is under-sensitive to things he sees. He ...

- ☐ Likes game shows with printed questions on the screen
- ☐ Likes lining things up
- ☐ Likes watching moving objects (such as revolving doors, fans)
- ☐ Likes to look at his toys while lying on the ground
- ☐ Other:

Some suggestions:

- Go on a hunt for hidden toys with a flashlight.
- Write notes to your child. Put them in his lunch bag or on his pillow.
- Watch videos together.

My child is over-sensitive to things he sees. He ...

- ☐ Turns the lights down low
- ☐ Doesn't like looking at the print in books
- ☐ Blocks his eyes from the sun
- ☐ Other:

Some suggestions:

- Have your child's sunglasses handy.
- Keep the lights dimmed.

