

Sensory Analysis

(from Raising a Sensory Smart Child)

TOUCH	Avoids	Seeks	Mixed	Neutral
Being touched on some body parts, hugs, cuddles				
Certain clothing, fabrics, tags, seams, cuffs, etc				
Clothes or shoes that are very tight or very loose				
Getting hands, face or other body parts messy with paint, glue, sand, food, lotion, etc.				
Grooming activities such as face and hair washing, brushing, cutting, nail trimming, toothbrushing				
Taking a bath, shower or swimming				
Getting towel dried				
Trying a new food				
Feeling particular food textures in the mouth				
Standing close to other people				
Walking, barefoot				
TOTAL				

Proprioception (Body Sense)	Avoids	Seeks	Mixed	Neutral
Activities such as roughhousing, jumping, banging, pushing, bouncing, climbing, hanging and other active play				
High risk play, jumps from extreme heights, climbs tall trees, rides bicycle over gravel				
Fine motor tasks such as writing, drawing, closing buttons and snaps, attaching pop beads, and snap together building toys				
Activities requiring physical strength and force				
Eating crunchy foods or chewy foods				
Smooth, creamy foods				
Having eyes closed or covered				
Totals				

Vestibular (Movement Sense)	Avoids	Seeks	Mixed	Neutral
Being moved passively by another person (rocked or twirled by adult, pushed in wagon)				
Riding equipment that moves through space (swings, teeter-totter, escalators, and elevators)				
Spinning activities (carousels, spinning toys, spinning around in circles)				
Activities that require changes in head position (such as bending over sink) or head upside down, (such as somersaults, hanging from feet)				
Challenges to balance such as skating, bicycle riding, skiing and balance beams				
Climbing and descending stairs, slides and ladders				
Being up high, such as at top of slide or on mountain overlook				
Less stable ground surfaces, such as deep pile carpet, grass, sand, snow				
Riding in a car or other form of transportation				
Totals				

Auditory	Avoids	Seeks	Mixed	Neutral
Hearing loud sounds such as horns, sirens, loud music or TV				
Being in noisy settings, such as a crowded restaurant, party or busy store				
Watching TV or listening to music at very high or very low volume				
Speaking or being spoken to amid other voices or sounds				
Background noise when concentrating on a task (other voices, music, dishwasher, fan, etc.)				
Games with rapid verbal instructions, such as Simon Says, Hokey Pokey				
Back-and-forth interactive conversations				
Unfamiliar sounds, silly voices, foreign language				
Singing alone or with others				
Making noise for its own sake				
Totals				

Vision	Avoids	Seeks	Mixed	Neutral
Learning to read or reading for more than a few minutes				
Looking at shiny spinning or moving objects				
Activities that require hand coordination such as stringing beads, writing and tracing				
Tasks requiring visual analysis, such as puzzles and hidden pictures				
Activities that require discriminating between colors, shapes and sizes				
Visually busy places such as stores and playgrounds with a lot of children running				
Finding objects, such as socks in a drawer or a particular book on a shelf				
Very bright light or sunshine or being photographed with a flash				
Dim lighting, shade or the dark				
Action packed, colorful television, movies, or computer/video games				
New visual experiences, such as				

looking through a kaleidoscope or colored glass				
Totals				

Taste and Smell	Avoids	Seeks	Mixed	Neutral
Smelling unfamiliar scents				
Strong odors, such as perfume, gasoline, and cleaning products				
Smelling objects that aren't food such as plastic items, Play-Doh, garbage				
Eating new foods				
Eating familiar foods				
Eating strongly, flavored foods (very spicy, salty, bitter, sour or sweet)				
Totals				