



Fairbanks Therapy Associates, Inc.

PO Box 82842 Fairbanks, AK 99708 p: 907-452-2473 f: 452-6903
LEAP@LEAPFbks.com www.FairbanksTherapyAssociates.com

Name: _____

Date: _____

Sensory Checklist

1. Sensitivity to Touch (Tactile ReActivity)

- becomes fearful, anxious or aggressive with light or unexpected touch
- as an infant, did/does not like to be held or cuddled; may arch back, cry, and pull away
- distressed when diaper is being, or needs to be, changed
- appears fearful of, or avoids standing in close proximity to other people or peers (especially in lines)
- becomes frightened when touched from behind or by someone/something they cannot see (such as under a blanket)
- complains about having hair brushed; may be very picky about using a particular brush
- bothered by rough bed sheets (i.e., if old and "bumpy")
- avoids group situations for fear of the unexpected touch
- resists friendly or affectionate touch from anyone besides parents or siblings (and sometimes them too!)
- dislikes kisses, will "wipe off" place where kissed
- prefers hugs
- a raindrop, water from the shower, or wind blowing on the skin may feel like torture and produce adverse and avoidance reactions
- may overreact to minor cuts, scrapes, and or bug bites
- avoids touching certain textures of material (blankets, rugs, stuffed animals)



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- refuses to wear new or stiff clothes, clothes with rough textures, turtlenecks, jeans, hats, or belts, etc.
- avoids using hands for play
- avoids/dislikes/aversive to "messy play", i.e., sand, mud, water, glue, glitter, playdoh, slime, shaving cream/funny foam etc.
- will be distressed by dirty hands and want to wipe or wash them frequently
- excessively ticklish
- distressed by seams in socks and may refuse to wear them
- distressed by clothes rubbing on skin; may want to wear shorts and short sleeves year round, toddlers may prefer to be naked and pull diapers and clothes off constantly
- or, may want to wear long sleeve shirts and long pants year round to avoid having skin exposed
- distressed about having face washed
- distressed about having hair, toenails, or fingernails cut
- resists brushing teeth and is extremely fearful of the dentist
- is a picky eater, only eating certain tastes and textures; mixed textures tend to be avoided as well as hot or cold foods; resists trying new foods
- may refuse to walk barefoot on grass or sand
- may walk on toes only

2. Hyposensitivity to Touch (Under-Responsive):

- may crave touch, needs to touch everything and everyone



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___ is
not
aware
of

being touched/bumped unless done with extreme force or intensity

___ is not bothered by injuries, like cuts and bruises, and shows no distress with shots (may even say they love getting shots!)

___ may not be aware that hands or face are dirty or feel his/her nose running

___ may be self-abusive; pinching, biting, or banging his own head

___ mouths objects excessively

___ frequently hurts other children or pets while playing

___ repeatedly touches surfaces or objects that are soothing (i.e., blanket)

___ seeks out surfaces and textures that provide strong tactile feedback

___ thoroughly enjoys and seeks out messy play

___ craves vibrating or strong sensory input

___ has a preference and craving for excessively spicy, sweet, sour, or salty foods

3. Poor Tactile Perception and Discrimination:

___ 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 afraid of the dark

___ may be a messy dresser; looks disheveled, does not notice pants are twisted, shirt is half un tucked, shoes are untied, one pant leg is up and one is down, etc.

___ has difficulty using scissors, crayons, or silverware



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continues to mouth objects to explore them even after age two

__ has difficulty figuring out physical characteristics of objects; shape, size, texture, temperature, weight, etc.

__ may not be able to identify objects by feel, uses vision to help; such as, reaching into backpack or desk to retrieve an item

Vestibular Sense: input from the inner ear about equilibrium, gravitational changes, movement experiences, and position in space.

1. Sensitivity to Movement (Over-Responsive):

__ avoids/dislikes playground equipment; i.e., swings, ladders, slides, or merry-go-rounds

__ prefers sedentary tasks, moves slowly and cautiously, avoids taking risks, and may appear "wimpy"

__ avoids/dislikes elevators and escalators; may prefer sitting while they are on them or, actually get motion sickness from them

__ may physically cling to an adult they trust

__ 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 feet leaving the ground

__ 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

__ startles if someone else moves them; i.e., pushing his/her chair closer to the table



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___ as an infant, may never have liked baby swings or jumpers

___ may be fearful of, and have difficulty riding a bike, jumping, hopping, or balancing on one foot (especially if eyes are closed)

___ may have disliked being placed on stomach as an infant

___ loses balance easily and may appear clumsy

___ fearful of activities which require good balance

___ avoids rapid or rotating movements

2. Hyposensitivity to Movement (Under-Responsive):

___ in constant motion, can't seem to sit still

___ craves fast, spinning, and/or intense movement experiences

___ loves being tossed in the air

___ 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



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___ likes sudden or quick movements, such as, going over a big bump in the car or on a bike

3. Poor Muscle Tone and/or Coordination:

___ 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 ("superman" position)

___ often sits in a "W sit" position on the floor to stabilize body

___ fatigues 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.

___ may appear ambidextrous, frequently switching hands for coloring, cutting, writing etc.; does not have an established hand preference/dominance by 4 or 5 years old



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- has difficulty licking an ice cream cone
 - seems to be unsure about how to move body during movement, for example, stepping over something
 - difficulty learning exercise or dance steps
-

Proprioceptive Sense: input from the muscles and joints about body position, weight, pressure, stretch, movement, and changes in position in space.

1. Sensory Seeking Behaviors:

- 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 clothes (and belts, hoods, shoelaces) to be as tight as possible
- loves/seeks out "squishing" activities
- enjoys bear hugs
- excessive banging on/with toys and objects
- loves "roughhousing" and tackling/wrestling games
- frequently falls on floor intentionally



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- would jump on a trampoline for hours on end
- grinds his/her teeth throughout the day
- loves pushing/pulling/dragging objects
- loves jumping off furniture or from high places
- frequently hits, bumps or pushes other children
- chews on pens, straws, shirt sleeves etc.

2. Difficulty with "Grading Of Movement":

- misjudges how much to flex and extend muscles during tasks/activities (i.e., putting arms into sleeves or climbing)
- 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
- always seems to be breaking objects and toys
- 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
- may not understand the idea of "heavy" or "light"; would not be able to hold two objects and tell you which weighs more
- seems to do everything with too much force; i.e., walking, slamming doors, pressing things too hard, slamming objects down



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__ plays with animals with too much force, often hurting them

Signs Of Auditory Challenges: (no diagnosed hearing problem)

1. Hypersensitivity to Sounds (Auditory ReActivity):

__ distracted by sounds not normally noticed by others; i.e., humming of lights or refrigerators, fans, heaters, or clocks ticking

__ fearful of the sound of a flushing toilet (especially in public bathrooms), vacuum, hairdryer, squeaky shoes, or a dog barking

__ started with or distracted by loud or unexpected sounds

__ bothered/distracted by background environmental sounds; i.e., lawn mowing or outside construction

__ 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

__ may refuse to go to movie theaters, parades, skating rinks, musical concerts etc.

__ may decide whether they like certain people by the sound of their voice

2. Hyposensitivity To Sounds (Under-Registers):

__ 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

__ seems to have difficulty understanding or remembering what was said

__ appears oblivious to certain sounds



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- ___ appears confused about where a sound is coming from
- ___ talks self through a task, often out loud
- ___ had little or no vocalizing or babbling as an infant
- ___ needs directions repeated often, or will say, "What?" frequently

Signs of Oral Input Malfunction:

1. Hypersensitivity to Oral Input (Oral ReActivity):

- ___ picky eater, often with extreme food preferences; i.e., limited repertoire of foods, picky about brands, resistive to trying new foods or restaurants, and may not eat at other people's houses)
- ___ may only eat "soft" or pureed foods past 24 months of age
- ___ may gag with textured foods
- ___ has difficulty with sucking, chewing, and swallowing; may choke or have a fear of choking
- ___ resists/refuses/extremely fearful of going to the dentist or having dental work done
- ___ may only eat hot or cold foods
- ___ refuses to lick envelopes, stamps, or stickers because of their taste
- ___ dislikes or complains about toothpaste and mouthwash
- ___ avoids seasoned, spicy, sweet, sour or salty foods; prefers bland foods

2. Hyposensitivity to Oral Input (Under-Registers)

- ___ may lick, taste, or chew on inedible objects



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- prefers foods with intense flavor; i.e., excessively spicy, sweet, sour, or salty
- excessive drooling past the teething stage
- frequently chews on hair, shirt, or fingers
- constantly putting objects in mouth past the toddler years
- acts as if all foods taste the same
- can never get enough condiments or seasonings on his/her food
- loves vibrating toothbrushes and even trips to the dentist

Signs of Olfactory Malfunction (Smells):

1. Hypersensitivity To Smells (Over-Responsive):

- reacts negatively to, or dislikes smells which do not usually bother, or get noticed, by other people
- tells other people (or talks about) how bad or funny they smell
- refuses to eat certain foods because of their smell
- offended and/or nauseated by bathroom odors or personal hygiene smells
- bothered/irritated by smell of perfume or cologne
- bothered by household or cooking smells
- may refuse to play at someone's house because of the way it smells
- decides whether he/she likes someone or some place by the way it smells



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2. Hyposensitivity To Smells (Under-Responsive):

- has difficulty discriminating unpleasant odors
- may drink or eat things that are poisonous because they do not notice the noxious smell
- unable to identify smells from scratch 'n sniff stickers
- does not notice odors that others usually complain about
- fails to notice or ignores unpleasant odors
- makes excessive use of smelling when introduced to objects, people, or places
- uses smell to interact with objects

Signs Of Visual Input Malfunction (No Diagnosed Visual Deficit):

1. Hypersensitivity to Visual Input (Over-Responsiveness)

- 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; i.e., movement, decorations, toys, windows, doorways etc.
- has difficulty in bright colorful rooms or a dimly lit room
- rubs his/her eyes, has watery eyes or gets headaches after reading or watching TV
- avoids eye contact



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__ enjoys playing in the dark

2. Hyposensitivity to Visual Input (Under-Responsive or Difficulty with Tracking, Discrimination, or Perception):

__ 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

__ has difficulty locating items among other items; i.e., papers on a desk, clothes in a drawer, items on a grocery shelf, or toys in a bin/toy box

__ often loses place when copying from a book or the chalkboard

__ Difficulty controlling eye movement to track and follow moving objects

__ has difficulty telling the difference between different colors, shapes, and sizes

__ often loses his/her place while reading or doing math problems

__ makes reversals in words or letters when copying, or reads words backwards; i.e., "was" for "saw" and "no" for "on" after first grade

__ complains about "seeing double"

__ Difficulty finding differences in pictures, words, symbols, or objects

__ Difficulty with consistent spacing and size of letters during writing and/or lining up numbers in math problems

__ Difficulty with jigsaw puzzles, copying shapes, and/or cutting/tracing along a line

__ tends to write at a slant (up or down hill) on a page



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confuses left and right

fatigues easily with schoolwork

difficulty judging spatial relationships in the environment; i.e., bumps into objects/people or missteps on curbs and stairs

Auditory-Language Processing Malfunction:

unable to locate the source of a sound

difficulty identifying people's voices

difficulty discriminating between sounds/words; i.e., "dare" and "dear"

difficulty filtering out other sounds while trying to pay attention to one person talking

bothered by loud, sudden, metallic, or high-pitched sounds

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

looks at others to/for reassurance before answering

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

difficulty reading, especially out loud (may also be dyslexic)

difficulty articulating and speaking clearly

ability to speak often improves after intense movement



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Social, Emotional, Play, And Self-Regulation Malfunction:

Social:

- 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
- self-abusive or abusive to others
- others have a hard time interpreting child's cues, needs, or emotions
- does not seek out connections with familiar people

Emotional:

- difficulty accepting changes in routine (to the point of tantrums)
- gets easily frustrated
- often impulsive
- functions best in small group or individually
- variable and quickly changing moods; prone to outbursts and tantrums
- prefers to play on the outside, away from groups, or just be an observer
- avoids eye contact
- difficulty appropriately making needs known



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Play:

- difficulty with imitative play (over 10 months)
- wanders aimlessly without purposeful play or exploration (over 15 months)
- needs adult guidance to play, difficulty playing independently (over 18 months)
- participates in repetitive play for hours; i.e., lining up toys cars, blocks, watching one movie over and over etc.

Self-Regulation:

- excessive irritability, fussiness or colic as an infant
- can't calm or soothe self through pacifier, comfort object, or caregiver
- can't go from sleeping to awake without distress
- requires excessive help from caregiver to fall asleep; i.e., rubbing back or head, rocking, long walks, or car rides

Internal Regulation (The Interoceptive Sense):

- becoming too hot or too cold sooner than others in the same environments; may not appear to ever get cold/hot, may not be able to maintain body temperature effectively
- difficulty in extreme temperatures or going from one extreme to another (i.e., winter, summer, going from air conditioning to outside heat, a heated house to the cold outside)
- 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



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__ 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 (hyper to lethargic, quickly, vacillating between the two; over stimulated to under stimulated, within hours or days, depending on activity and setting, etc.)

__ frequent constipation or diarrhea, or mixed during the same day or over a few days

__ 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; always thirsty, never thirsty, or oscillates back and forth

__ unable to regulate hunger; eats all the time, won't eat at all, unable to feel full/hungry

__ unable to regulate appetite; has little to no appetite and/or will be "starving" one minute then full two bites later, then back to hungry again (prone to eating disorders and/or failure to thrive)