



SENSORY CHECKLIST

Please be aware that we are sharing this document as a thinking tool to help you consider your child's needs and difficulties. This is not a diagnostic test and should not be considered as such.

		YES	NO	DON'T KNOW
1	Resists changes to familiar routines			
2	Does not recognize familiar people in unfamiliar clothes			
3	Dislikes bright lights			
4	Dislikes fluorescent lights			
5	Is frightened by flashes of light			
6	Puts hands over eyes or closes eyes in bright light			
7	Is attracted to lights			
8	Is fascinated by shiny objects and bright colours			
9	Touches the walls of rooms			
10	Enjoys certain patterns (e.g. brickwork, stripes)			
11	Gets lost easily			
12	Has a fear of heights, lifts, escalators			
13	Has difficulty catching balls			
14	Is startled when approached by others			
15	Smells, licks, taps objects and people			
16	Appears not to see certain colours			
17	Uses peripheral vision when doing a task			
18	Finds it easier to listen when not looking at somebody			
19	Remembers routes and places extremely well			
20	Can memorise large amounts of information on certain topics			
21	Finds crowded areas very difficult			
22	Prefers to sit at back of group or front of group			
23	Covers ears when hears certain sounds			
24	Can hear sounds which others do not hear			



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		YES	NO	DON'T KNOW
25	Is very distressed by certain sounds			
26	Bangs objects and doors			
27	Is attracted by sounds and noises			
28	Does not like shaking hands or being hugged			
29	Likes a hug if chosen to do this			
30	Only seems to hear the first words of a sentence			
31	Repeats exactly what others have said			
32	Very good auditory memory for songs and rhymes			
33	Dislikes the feel of certain fabrics and substances			
34	Seems unaware of pain and temperature			
35	Dislikes certain foods and drinks			
36	Seeks pressure by crawling under heavy objects			
37	Hugs very tightly			
38	Enjoys feeling certain materials			
39	Dislikes certain everyday smells			
40	Eats materials which are not edible			
41	Likes to have food presented in a certain way on the plate			
42	Dislikes crunchy or chewy food			
43	Quite clumsy and bumps into objects and people			
44	Finds fine motor movements hard			
45	Has difficulty running and climbing			
46	Finds it hard to ride a bike			
47	Does not seem to know where body is in space			
48	Has poor balance			
49	Afraid of everyday movement activities such as swings, slides, trampolines			
50	Has extremely good balance			