

Sensory Assessment List

©Robert Cox, Life Recovery Consulting, 2016

Tactile Issues (Touch):

Issue	Seeks	Avoids	Neutral
Being touched specific areas (specify)			
Hugs, snuggling, etc			
Clothing: tight, loose, materials (specify)			
Getting hands, face, etc messy or wet			
Using towels after bath			
Crowds or personal space issues			
Walking barefoot			
Personal grooming (brushing hair, teeth, nails, etc)			

Scores: _____

Proprioceptive issues:

Issue	Seeks	Avoids	Neutral
Jumping, bouncing into things, climbing, hanging, etc			
Perching in high places, risky bike riding, jumping from heights, other risky behavior			
Fine motor tasks (picking up small beads, etc)			
Physically demanding tasks requiring muscle			
Having eyes closed or covered while walking			

Scores: _____

Vestibular Issues:

Issue	Seeks	Avoids	Neutral
Spinning in circles			
Shaking head from side to side or back and forth, hanging upside down			
Rocking			
Balance activities (biking, skating, etc)			
Walking on soft deep carpet, snow, sand			
Riding in a car or on a sled, etc			

Scores: _____

Vision Issues:

Issue	Seeks	Avoids	Neutral
Reading for longer than a couple of min.			
Shiny, spinning objects like pinwheels or chandeliers			
Hidden picture puzzles or mazes			
Going to crowded public places			
Light sensitivity or seeking			
Action packed, colorful TV or computer			
Using a kaleidoscope or looking through colored glasses			

Scores: _____

Auditory Issues:

Issue	Seeks	Avoids	Neutral
Loud noises in general			
Loud noises at specific frequencies			
Music, TV at too high or too low volume			
Conversation in noisy areas			
Concentration in noisy areas			
Rapid verbal instructions (games, etc)			
Back and forth conversations			
Alone time			

Scores: _____

Taste and Smell Issues

Issue	Seeks	Avoids	Neutral
Certain food textures (specify)			
Strong citrusy flavors			
Spicy foods			
Tangy foods (Sharp cheese, etc)			
Chemical smells (plastic, bleach, etc)			
Crunchy foods			
Soft foods			
Perfumes, strong odors			

Scores: _____

Creating a Sensory Diet

Using the list above you can easily assess whether the individual is over or under sensitive in each region. Add the marks in each column. If there is an overwhelming tendency in one area or the other then you need to start there first in developing the sensory diet. Below are some links to resources with lists of activities for meeting those needs. These activities will be hit and miss for the individual so it will require tracking what is and is not having an effect. Once you find a list of things that begin working try and integrate more things like that.

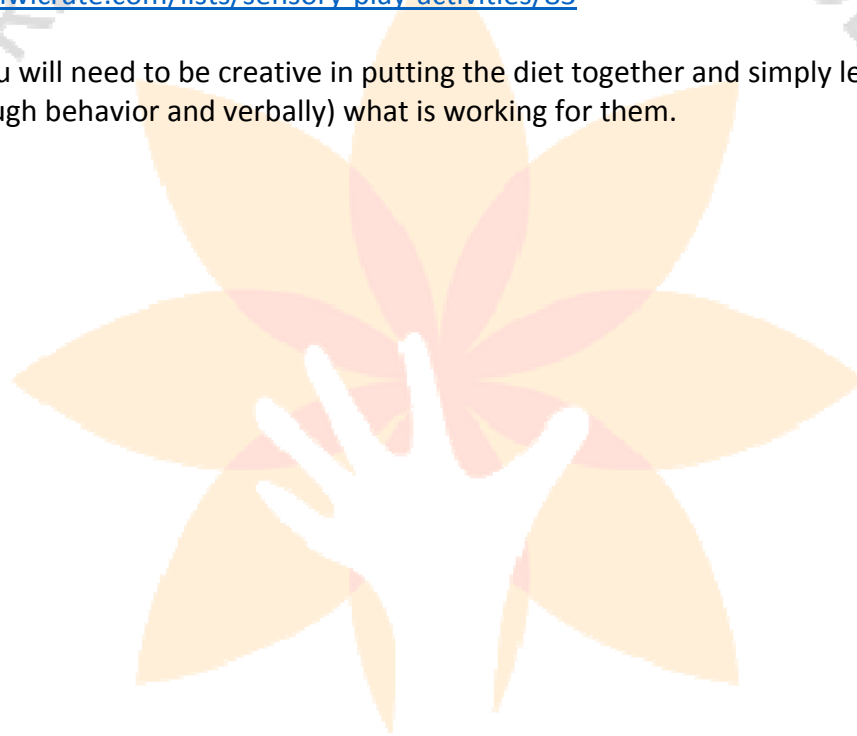
Here is a link to a good article on Sensory diets and how to think about implementing them:

https://www.sensorysmarts.com/sensory_diet_activities.html

This is a site that provides fantastic sensory activities for kids:

<http://www.kiwicrate.com/lists/sensory-play-activities/83>

Essentially you will need to be creative in putting the diet together and simply let the individual tell you (through behavior and verbally) what is working for them.



Live Abundantly