



SENSORY CHECKLIST

Tactile:

- ☐ Often touching someone or something
- ☐ Touches harder than necessary
- ☐ Chews or sucks on clothing, hands, pencils, other objects
- ☐ Distracted by clothing or shoes...wants them off if "not right"
- ☐ Craves excessive physical contact with others
- ☐ Avoids casual touch from classmates or teachers
- ☐ Becomes "silly" or annoyed when touched
- ☐ Dislikes certain textures-materials, paper, toys, food, etc....

Proprioception:

- ☐ Crashes and falls on purpose
- ☐ Craves heavy lifting
- ☐ Difficulty use of force-breaks crayons, pencils points, toys
- ☐ Have trouble knowing how much pressure is needed to perform a task
- ☐ Does everything with 100% force
- ☐ Pushes others and/or plays aggressively
- ☐ Bumps into classmates, furniture, walls
- ☐ Poor handwriting-difficulty forming letters, presses too hard or soft
- ☐ Poor body awareness

Vestibular:

- ☐ Excessively cautious on stairs
- ☐ Has difficulty maintaining balance when walking and during gross motor play
- ☐ Slumps in chairs, sits in "W" position, needs support for floor sitting
- ☐ Rocks in chair, wraps legs around chair legs
- ☐ Fidgets constantly, always moving or spinning
- ☐ Gets dizzy easily
- ☐ Craves swinging or spinning
- ☐ Bounces a lot
- ☐ Touches furniture or walls when walking
- ☐ Difficulty using playground equipment-slides, swings, ladders

Visual:

- ☐ Has difficulty with eye-hand coordination
- ☐ Squints, blinks or rubs eyes frequently
- ☐ Distracted by glare, bright light, fluorescent lighting
- ☐ Struggles with reading
- ☐ May hold head at odd angles
- ☐ May cover one eye when reading and writing
- ☐ Has difficulty distinguishing distance and size of performance task
- ☐ May not understand what they read
- ☐ Difficulty copying from the board
- ☐ Makes poor eye contact