DANIEL EDUCATIONAL SERVICES

Adult Sensory Checklist

For each item choose whether you seek or avoid this sensory input. Does this change when you are anxious, angry, sad, bored, lonely or stressed? If you have no preference (neither seek nor avoid) choose neutral.

Taste/ Oral	Seek	Avoid	Neutral
1. Biting: Chew on pencil, pen, straw, swizzle stick; chew nails or your lips; chewing hoodie string or other clothing			
2. Sucking: Milkshake, hard candy, sucker, cigarette			
3. Crunching: Chew on ice, chips, pretzels, crunchy vegetables			
4. Chewing: Popcorn, chewing gum, taffy			
5. Breath: Slow deep breaths, meditation/ yoga whistling; smoking/ vaping			
6. Cold: Popsicle, ice, ice cream, drinking soda, ice water			
7. Hot: Tea, Coffee, warm food or beverage			
8. Sour: Eat a pickle, sour candy, lemon			
9. Sweet: Sugary food, candy, fruit			
10. Spicy: Salsa, spicy food, spiced tea			
11. Salty: Chips, olives, salted nuts			
12. Licking your lips			
13. Putting on lip balm or lipstick			
14. Brushing your teeth			
15. Something else			
TOTAL			

Sight/ Visual	Seek	Avoid	Neutral
1. Watching scenery on a drive			
2. Watching a fire in a fireplace			
3. Dim lighting			
4. Watching a fish tank			
5. Watching an hourglass or oil and water toy			
6. Looking out the window			
7. Looking at vacation pictures			
8. Social media reminder of past posts			
9. Bright lighting			
10. Cluttered desk or room			
11. Sunrise/ sunset			
12. Neatly organized desk or room			
13. Brightly colored visuals			
14. Simple visuals/ black and white			
15. Something else			
TOTAL			

Sound/ Auditory	Seek	Avoid	Neutral
1. Listening to slow/ calm music			
2. Listening to high energy/ fast music (rock, rap, hip-hop)			
3. Humming			
4. Working in a quiet room			
5. Listening to podcast or audiobook			
6. Working in a noisy/ busy room			
7. Singing			
8. Talking to yourself out loud			
9. Meditation			
10. Singing bowl/ single chime			
11. Multiple sounds/ wind chime			
12. Nails on a chalk board/ squeaking sound			
13. Sirens			
14. Listening to others talk			
15. Something else			
TOTAL			

Touch/Temperature	Seek	Avoid	Neutral
1. Petting dog/ cat			
2. Cold / hot shower			
3. Jiggling keys/coins in pocket			
4. Playing with/ twisting your hair			
5. Fidget toys/ Bubble wrap/ rubber bands			
6. Lifting something heavy			
7. Rub hands on clothes			
8. Drag hands along wall while walking			
9. Heavy blankets			
10. Massage / self-squeeze			
11. Tight clothes/ shoes			
12. Loose clothes			
13. Scratching skin			
14. Hugs			
15. Something else			
TOTAL			

Movement/ Balance	Seek	Avoid	Neutral
1. Stretching			
2. Rocking chair/ rocking back on chair			
3. Swiveling in chair/ Swinging legs			
4. Laying down/ reclining			
5. Running/ jogging			
6. Rocking/ swaying			
7. Tapping toes			
8. Bouncing leg while sitting			
9. Going for a walk / leaving current environment			
10. Scrubbing floor/ table/ whiteboard			
11. Rolling neck			
12. Sitting still and staring at fixed point			
13. Holding on to something steady (railing for stairs or when up high)			
14. Climbing stairs			
15. Something else			
TOTAL			

Smell	Seek	Avoid	Neutral
1. Essential oils			
2. Perfume/ Cologne			
3. Cooking/ Baking			
4. Strong cleaning products			
5. Scented markers			
6. Scented candles			
7. Air freshener			
8. Wearing a mask			
9. Cutting the grass			
10. Smell flowers/ nature			
11. Body order/ Sweat			
12. Wet dog			
13. Nail polish			
14. Scented laundry detergent			
15. Something else			
TOTAL			

Review this checklist. Consider which of these things do you seek or avoid. Notice which types of sensory input are comforting to your nervous system and which types of sensory input bother your nervous system. Are your items clustered in a certain category of sensory input?

Dominant Areas

Sensory seeking

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_____

Sensory Avoiding

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1. How do you currently regulate your nervous system when under stress?

2. How might you increase the dosing of your sensory preference areas when at work to maintain regulation?

3. How might you decrease the sensory input that you would prefer to avoid (or is triggering) to you?