Basic Sensory Preferences Checklist

Taste

- [ ] prefer sweet foods
- [ ] prefer salty foods
- [ ] prefer sour foods
- [ ] prefer bitter foods
- [ ] prefer spicy foods
- [ ] prefer crunchy textures
- [ ] prefer soft or smooth textures
- [ ] prefer hot foods
- [ ] prefer cold foods
- [ ] food dislikes or sensitivities: ____
- [ ] Other: ____

Smell

- [ ] enjoy strong scents
- [ ] prefer mild or unscented products
- [ ] enjoy floral scents
- [ ] enjoy fresh or citrus scents
- [ ] enjoy earthy or woody scents
- [ ] sensitive to perfume or fragrances
- [ ] sensitive to food smells
- [ ] other smell preferences: ____
- [ ] Other: ____

Auditory

- [ ] prefer quiet spaces
- [ ] enjoy soft background music
- [ ] enjoy nature sounds
- [ ] prefer predictable sounds
- [ ] dislike sudden loud sounds
- [ ] sensitive to high-pitched sounds
- [ ] sensitive to crowded or overlapping conversations
- [ ] prefer headphones or ear defenders
- [ ] other auditory preferences: ____
- [ ] Other: ____

Visual

- [ ] prefer bright lighting
- [ ] prefer dim or low lighting
- [ ] prefer natural light
- [ ] prefer neutral colours
- [ ] prefer bold colours
- [ ] prefer uncluttered spaces
- [ ] sensitive to flickering lights
- [ ] sensitive to busy patterns
- [ ] other visual preferences: ____
- [ ] Other: ____

Tactile

- [ ] enjoy soft fabrics
- [ ] enjoy weighted items
- [ ] enjoy firm pressure
- [ ] enjoy light touch
- [ ] prefer loose clothing
- [ ] prefer snug clothing
- [ ] dislike tags or seams
- [ ] dislike sticky or wet textures
- [ ] prefer warm textures
- [ ] prefer cool textures
- [ ] other tactile preferences: ____
- [ ] Other: ____

Proprioceptive

- [ ] enjoy pushing or pulling
- [ ] enjoy carrying heavy objects
- [ ] enjoy climbing
- [ ] enjoy jumping
- [ ] enjoy stretching
- [ ] enjoy squeezing or compression
- [ ] prefer movement breaks
- [ ] prefer deep-pressure activities
- [ ] other body-awareness preferences: ____
- [ ] Other: ____

Vestibular

- [ ] enjoy rocking
- [ ] enjoy swinging
- [ ] enjoy spinning
- [ ] enjoy sliding
- [ ] enjoy bouncing
- [ ] enjoy running
- [ ] prefer slow, predictable movement
- [ ] feel uncomfortable with heights or rapid movement
- [ ] feel dizzy with spinning
- [ ] other movement preferences: ____
- [ ] Other: ____



The Sensory Lens
assessment service