

Sensory Audit

Name:

DoB:

Class:

CoP:

Sensory processing organises the sensations from one's own body and the world around us. For some children, their sensory integration does not develop as it should and may affect their sight, hearing, smell, touch, taste or spatial awareness. Children can experience hypersensitivity (excessive and undesirable reactions) or hyposensitivity (under-responsive and difficulty in processing responses) to stimuli. This checklist aims to identify sensory processing issues. It is not a diagnostic tool and professional advice should be sought. Also bear in mind the child's age, developmental stage and ability. **Highlight all that apply.**

Proprioception – Input / feedback informing movement, body position, weight, movement, spatial awareness

Hypersensitive

Resists activities that provide resistance
Dislikes walking or climbing
Likes soft food
Appears physically weak
Moves slowly
Feels small movements as large extreme movements
Easily becomes dizzy and sick
Avoids hugs
Doesn't like to wear shoes
Doesn't like tight fitting clothes
Tires easily
Dislikes rough and tumble play
Becomes anxious around unpredictable movement
Drops to ground
Avoids cracks in pavement
Avoids walking on certain textures

Hyposensitive

Unable to keep still, very fidgety, craves movement
Poor fine motor skills
Walks on toes or stomps feet
Likes jumping / trampolining / bouncing on furniture
Enjoys bear hugs – on own terms
Rocks, spins, flaps, takes risks
Loves rough / tumble play, tackling / wrestling games
Has sleeping difficulties
Difficulties manipulating small objects - tying laces
Clumsy, everything is done with too much force
Enjoys falling off objects
Likes being wrapped in blanket / firm touch / massage
Grinds teeth
Exerts too much pressure when handling objects
Unaware of personal space / body position in space
Wears clothes (belts, shoelaces) as tight as possible

Vestibular – Contributes to our balance system (inner ear) and our sense of spatial orientation

Hypersensitive to movement (Over-responsive)

Fear of heights
Fear of lifts / walking upstairs / uneven surfaces
Dislikes head being tipped back (washing hair)
Dislikes sudden movement / anxious if moved suddenly
Fears challenges to balance (being pushed / falling)
Dislikes playground equipment, ladders, slides, swings
Avoids active games (PE) avoids games requiring balance
Travel sickness
Dislikes stop and start of car
Dislikes change of position, avoids rotating movements

Hyposensitive to movement (Under-responsive)

Rocks, spins, hops, runs or bounces rather than walks
Can't keep still
Like fast rides
Likes roundabout
Spins self, possibly for hours and doesn't get dizzy
Enjoys being thrown in air
Enjoys rough and tumble
Seeks balancing activities
Likes climbing
Poor balance

Visual – sensitivity to lights, difficulty focusing, distracted by stimuli

Hypersensitive to visual input (Over-responsive)

Child covers eyes / withdraws from bright lights
Avoids certain / bright colours
Gets headaches from lights / reading / watching TV
Looks down
Focus on detail
Pays attention to small details
Poor eye contact
Prefers dark areas / playing in the dark
Avoids looking at TV or computer screen
Difficulty matching / sorting objects
Seems not to see objects on busy pictures
Constantly scans visual information
Finds coloured lenses useful when reading

Hyposensitive (under-Responsive / Difficulty With Tracking, Discrimination or Perception)

Has difficulty distinguishing certain letters – p/q, b/d, x/+
Makes reversals in words – saw/was, no/on
Loses place when reading or doing maths problems
Difficulty in seeing different colours, shapes, sizes
Seeks bright lights / flickering lights
Likes shiny objects / colourful resources
Rubs eyes hard / inappropriate staring
Uses peripheral vision / sees double
Watches repetitive movements
Enjoys flicking lights on and off
Like watching sand falling and water
Lines up objects

Tactile – sensitivity related to touch, pressure

Hypersensitive to touch (Tactile defensiveness)

Pulls away from light touch / avoids holding hands
Avoids crowded situations
Dislikes certain textures / removes clothes
Avoids messy activities
Resists having teeth brushed / nails or hair cut / brushed
Likes labels cut out of clothes
Doesn't like getting hands or body wet
Dislikes wearing shoes / socks / hats / gloves
Dislikes being dried by a towel / being tickled
Low pain threshold

Hyposensitive (Under responsive)

High pain threshold
Excessively touches objects
Likes to touch/ stroke
Needs to fiddle
Likes pressure
Has trouble keeping hands to self
Cannot feel changes in temperature / wind on their body
Plays rough and tumble and aggressive games
Unaware of hurting others whilst playing
Gets frustrated when buttoning or unzipping clothes

Oral Input – sensitivity to taste, food preferences, oral stimuli

Hypersensitive (Oral defensiveness)

Only eats certain foods, picky eater
Eats small range of foods, even certain brands
Hesitant to try new foods / flavours / textures
Drinks through a straw or special bottle
Likes bland food / 'beige' food
Refuses new food, may only eat soft food
May only eat hot or cold foods
Complains about spicy, salty, sweet sour food
Fears going to the dentist

Hyposensitive (Under-registers)

Eats anything – Pica
Eats very quickly
Likes excessively spicy, sweet, sour or salty food
Excessive drooling
Chews on hair, shirt, fingers
Puts objects in the mouth
Acts as if all foods taste the same
Demands sauce, condiments and seasoning on food
Loves vibrating toothbrushes

Oral Motor – tactile sensitivity of the mouth

Hypersensitive (Over responsive)

Dislikes or avoids fizzy drinks
Dislikes or avoids chewing food
Avoids crunchy food
Dislikes having teeth brushed
Dislikes fork / spoon

Hyposensitive (Under responsive)

Likes to chew – may chew edible and inedible objects
Likes to teeth grind
May bite cheek, tongue or lips
May chew pencils or fingers
May overfill mouth with food, swallow large chunks

Auditory-Language – sensitivity to sounds, speaking, difficulty with spoken sounds

Hypersensitive (Over responsive)

Doesn't like loud noises but makes own 'loud' noises
Unable to locate the source of a sound
Can hear sounds others are not aware of
Puts fingers in ears
Puts hands over ears
Hides under table
Speaks in really quiet voice
Gets tired

Hyposensitive (Under-registers)

Shouts
Talks off topic
Talks out loud
Sings / talks inappropriately
Hums / sings / talks to self
Unaware of sounds or where they come from
Difficulty recalling / repeating / speaking articulately
Gets tired

Olfactory – sensitivity to smells, difficulty identifying odours, associates people / places / objects with smells

Hypersensitive (Over responsive)

Avoids areas of school / home
Bothered by smells that do not bother others
Offended by bathroom smells
Plays / refuses to play with a child because of their smell
Covers nose
Refuses certain foods (see taste)

Hyposensitive (Under responsive)

Seeks certain smells
Finds discriminating unpleasant odours
Puts unpleasant smelling objects into their mouth
Cannot smell scratch'n'sniff stickers
Smells objects / people
Uses smell to interact with objects

Add any notes you may feel useful:

Completed by:

Date: