**Sensory Diet Checklist**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Yes | No | Unsure | Comments |
| **Auditory** |  |  |  |  |
| Covers ears when hears certain sounds |  |  |  |  |
| Only seems to hear the first words of a sentence |  |  |  |  |
| Speaks with a very loud voice |  |  |  |  |
| Doesn’t appear to hear you  |  |  |  |  |
| Auditory stims - hums, repeats, makes odd noises |  |  |  |  |
| Is very distressed by certain sounds |  |  |  |  |
| Can hear sounds which others do not hear |  |  |  |  |
| Repeats exactly what others have said |  |  |  |  |
| Speaks with an unusually quiet voice |  |  |  |  |
| Complains about the noise |  |  |  |  |
| Very good auditory memory for songs and rhymes |  |  |  |  |
| Is attracted by sounds and noises |  |  |  |  |
| **Tactile** |  |  |  |  |
| Avoids casual touch from familiar people |  |  |  |  |
| Likes a hug if chosen to do this |  |  |  |  |
| Does not like shaking hands or being hugged |  |  |  |  |
| Gets distressed by messy, sticky or dirty hands |  |  |  |  |
| Seeks out touching certain materials |  |  |  |  |
| Dislikes the feel of certain fabrics and substances |  |  |  |  |
| Seems unaware of temperature changes |  |  |  |  |
| Prefers to sit at back of group or front of group |  |  |  |  |
| Seeks pressure by crawling under heavy objects |  |  |  |  |
| Seeks out excessive physical contact from others |  |  |  |  |
| Dislikes objects that vibrate- air conditioner, foot massage |  |  |  |  |
| Bangs objects and doors |  |  |  |  |
| Tactile stims- tapping, squeezing, rubbing |  |  |  |  |
| **Vestibular/Balance** |  |  |  |  |
| Avoids changes in head position |  |  |  |  |
| Seems clumsy and movements appear awkward |  |  |  |  |
| Seems restless and “always on the go” |  |  |  |  |
| Poor sitting posture – slouches constantly |  |  |  |  |
| Fidgets constantly |  |  |  |  |
| Seems lethargic or “hard to get going” |  |  |  |  |
| Runs hands along walls and surfaces |  |  |  |  |
| Vestibular stims- spinning, rocking, jumping |  |  |  |  |
| **Smell and Taste** |  |  |  |  |
| Picky eating or very self-limiting diet |  |  |  |  |
| Mouths or licks objects or people |  |  |  |  |
| Dislikes certain everyday smells |  |  |  |  |
| Eats materials which are not edible |  |  |  |  |
| Likes to have food presented in a certain way on the plate |  |  |  |  |
| Dislikes crunchy or chewy food |  |  |  |  |
| **Proprioception** |  |  |  |  |
| Quite clumsy and bumps into objects and people |  |  |  |  |
| Poor handwriting- difficulty in forming letters, presses too hard or soft |  |  |  |  |
| Difficulty grading force- breaks crayons, pencils toys |  |  |  |  |
| Often spills things when pouring etc |  |  |  |  |
| Finds fine motor movements hard |  |  |  |  |
| Has difficulty running and climbing |  |  |  |  |
| Finds it hard to ride a bike |  |  |  |  |
| Does not seem to know where body is in space |  |  |  |  |
| Has poor balance |  |  |  |  |
| Afraid of everyday movement activities such as swings, slides, trampoline |  |  |  |  |
| Has extremely good balance |  |  |  |  |
| **Vision** |  |  |  |  |
| Struggles with reading |  |  |  |  |
| Struggles to follow moving objects or people |  |  |  |  |
| Difficulty copying things down |  |  |  |  |
| Squints, blinks or rubs eyes frequently |  |  |  |  |
| Poor ball skills |  |  |  |  |
| Visual stims: flicks fingers in front of face |  |  |  |  |