

Sensory profile checklist

Child's name _____ Date _____

TOUCH	Avoids	Seeks	Mixed	Neutral
Being touched on the body, hugs, and cuddles				
Certain clothing fabrics, tags, waistbands, cuffs				
Tight or loose clothing, wearing shoes, accessories				
Getting hands, face, or body parts messy, e.g., food, sand				
Grooming, such as wash face, hair, brushing, cutting hair				
Taking a bath, shower, or swimming				
Getting towel dry				
Trying new foods				
Feeling particular food textures and temperatures				
Standing close to others				
Walking barefoot				

PROPRIOCEPTION (BODY SENSE)	Avoids	Seeks	Mixed	Neutral
Likes jumping, hanging, pushing, moving				
Jumps from heights, climbs high, high-risk play				
Fine motor tasks requiring physical strength and force				
Eating crunchy foods, or chewy foods, caramels				
Smooth, creamy foods, such as yoghurt				

VESTIBULAR (MOVEMENT, BODY BALANCE OR SENSE OF MOVEMENT)	Avoids	Seeks	Mixed	Neutral
Being moved passively by another person, rocked twirled				
Riding equipment, swings, escalators, elevators				
Spinning around in circles				
Activities that require changes in head position				
Challenges in balance, e.g. bike riding				
Climbing, being high such as top of a slide, mountain				
Less stable ground surfaces, i.e. sand or riding in a car etc				



AUDITORY/LISTEING	Avoids	Seeks	Mixed	Neutral
Hearing loud sounds, music, car horns etc				
Being in loud settings or crowded spaces				
Watching TV, music, or sound loudly or quietly				
Speaking or being spoken to amid other sounds				
Games with rapid verbal instructions, Simon says!				
Back and forth, interactive conversations				
Unfamiliar sounds, silly voices, foreign language				
Singing alone or with others				



VISION	Avoids	Seeks	Mixed	Neutral
Learning to read or reading for more than a few minutes				
Looking at shiny, spinning, moving objects				
Eye hand coordination games such as baseball, tracing				
Activities that require identifying different colours shapes				
Visually looks busy, places that are crowded, stores				
Bright lights or sunshine, camera flash				
Dim lighting, shade, or the dark				
Action packed, colourful television, movies computer				

TASTE AND SMELL	Avoids	Seeks	Mixed	Neutral
Smelling unfamiliar scents				
Strong odours such as perfume, cleaning products				
Smelling objects that aren't food, flowers, playdough				
New foods				
Familiar foods				
Eating strongly flavoured foods, spicy, sour, bitter etc				