**My Sensory Preferences**

**Name: Date of Birth: Date:**

**Movement**

My child is under sensitive to movement and seeks out movement by….

* Spinning
* Rocking
* Jumping
* Playing rough and tumble games
* Running around back and forth
* Other…….

These ideas might help:

Running games – like tig or running races, trampoline, use peanut role

Lots of time on playground equipment – swings / slides / roundabouts/ seesaws

* My child shows that he is over sensitive to movement by
* Showing fear on steps and escalators
* Showing fear on swings, slides
* Getting car sick
* Other…..

These ideas might help:

Make sure your child’s feet touch the floor when sitting on a chair

Sitting still activities – table top activities

**My child has motor planning difficulties**

* He is clumsy or bumps into things
* He doesn’t use toys appropriately
* He plays with the same toy over and over again
* He doesn’t copy things I do
* He does an activity only once
* He wanders aimlessly
* He lies down a lot
* He has trouble blowing out candles
* He understands me but does not talk
* He has trouble “finding” a word that he has said before.
* He mispronounces the words he can say
* He has an unusual voice
* Other…..

**Touch**

My child is under sensitive to touch and seeks it out by:

* Wanting long hugs
* Wrapping himself in blankets
* Squeezing himself into tight places
* Insisting on wearing tight fitting clothes
* Lying flat on the floor
* Bumping into people
* Clapping his hands
* Holding objects
* Putting objects into his mouth
* Grinding his teeth
* Rarely crying when he gets hurt
* Other

These ideas might help:

Giving ‘High 5s’

Touch and feel books

Guessing what something is by touch alone type games

Clapping games with others

Punching a punch bag

Keep touchy feely toys nearby – e.g. squidgy ball, little car, bendy figures.

praMy child shows he is over sensitive to touch:

* He doesn’t like sticky things on his hands
* He likes and dislikes certain clothing textures
* He dislikes wearing hats and gloves
* He dislikes getting his hair washed or cut
* He dislikes crunchy, chewy foods
* Other

These ideas might help:

Loose clothes

Mittens instead of gloves in winter

Painting with a brush or using a spatula to manipulate play dough rather than hands

**Sound**

My child is under sensitive to sound

* He doesn’t appear to hear what people say
* He likes music and certain sounds
* He likes toys that make certain sounds
* He likes it when I talk to him in an animated way
* Other….

These ideas might help:

Put animation in your voice to help your child pay attention to what you are saying

Sing to get you child to listen to your voice

My child is over sensitive to sound and may avoid it:

* He covers his ears
* He cries when I use electric appliances ( hoover, hair dryer, hand dryer)
* He like sit when I use a soft voice
* He can hear the faintest sounds
* Other

These ideas might help:

Talk softly and calmly

Use short simple sentences

Don’t say too much all at once

Noise cancelling headphone, Earplugs for noisy rooms

**Sight**

My child is under sensitive to things he sees and seeks out visual sensations by

* Flicking the lights on and off
* Watching repetitive movements
* Lining things up
* Looking at things out of the corner of hi eyes
* Looking at things from unusual angles
* Other

These ideas might help:

Hunt for hidden toys with a flashlight

Write notes to your child (if reading has developed), put them in the lunch box or under the pillow!!

Watch videos together

My child is over sensitive to things he sees and may avoid some visual sensations

* He prefers the dark
* He blinks often
* He avoids the sun
* Other….

These ideas might help:

Sunglasses

Dim the lights

**Smell and Taste**

My child is under sensitive to smells or tastes and seeks out these sensations

* He explores things by licking and/or smelling things
* He likes highly seasoned foods
* Other

My child is over sensitive to some smells or tastes and avoids these sensations

* He likes bland foods
* He is sensitive to certain smells (e.g. perfume)
* Other….