



The following checklist will help you to focus in on your child's unique sensory portrait.



**Mr Good Eyesight (Visual)**

Do you see what I see? I'm on the lookout to deliver valuable details about what I see. Line, shape, form, contrast, color and movement have a part in how you perceive the world. My messages (with my sense friends) help determine what to pay attention to and ignore, and to help direct your actions and movements.



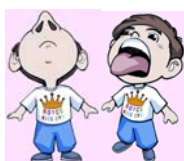
**Mr Sensitive Ears (Auditory)**

Do you hear what I hear? Listen to me please, I'm all ears. It's not just about volume – consider also tone, pitch, rhythm and sequence of sounds. Processing me can be difficult but it necessary if I am to be understood. I am so lucky to have 6 good friends to help out. If not, I'm just noise... sigh.

|  | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |  | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Learning to read or reading for more than a few minutes  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hearing loud sounds such as car horns, alarms, sirens, loud music, or TV                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Looking at shiny, spinning, or moving objects  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Being in noisy settings such as a crowded restaurant, party, or busy store                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Activities that require eye-hand coordination such as baseball, catch, stringing beads, writing, and tracing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Watching TV or listening to music at very high or very low volume                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tasks requiring visual analysis such as puzzles, mazes, and hidden pictures                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Speaking or being spoken to amid other sounds or other voices                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Activities that require discriminating between colors, shapes, and sizes                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Background noise when concentrating on a task (other voices, music, dishwasher, fan, etc.) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Visually busy places such as stores and playgrounds with a lot of children running                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Games with rapid verbal instructions such as Simon Says or Hokey Pokey                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Finding objects such as socks in a drawer or a particular book on a shelf                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Back-and-forth, interactive conversations  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very bright light or sunshine, or being photographed with a flash  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Unfamiliar sounds, silly voices, foreign language  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dim lighting, shade, or the dark   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Singing alone or with others   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Action-packed, colorful television, movies, or computer/video games  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Making noise for its own sake  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| New visual experiences such as looking through a kaleidoscope or colored glass                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |  |                          |                          |                          |                          |

**Miss Big Nose (Olfactory)**

Although some consider me not as refined as my other sensory friends, I go way back in time – kind of a survival thing. Strong memories are associated with certain smells. I subjectively consider the odor, especially when Ms Taste is around. Remember, the "nose knows".



**Miss Taste (Gustatory)**

Was it bitter or salty? Maybe sour or spicy? Taste buds and saliva are the grounds for my great sensory contributions. I often get no respect but one thing's for sure; I know "what I like!" Oh, I almost forgot to tell you. I am intricately linked with Ms. Big Nose. We are the Twins.

|  | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |  | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Smelling unfamiliar scents   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating new foods   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strong odors such as perfume, gasoline, cleaning products                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating familiar foods  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Smelling objects that aren't food such as plastic items, Play-Doh, garbage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating strongly flavored foods (very spicy, salty, bitter, sour, or sweet) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



### Mr Roll (Vestibular)

I'm very important because of my sense of balance. Because of me, you can deal with gravity when you are standing or sitting still, even when you are moving, no matter the direction or speed. I'm your best buddy. Don't go to the gym without me.



### Mr Rock (Proprioception)

I'm very strong! I can do heavy work like pushing, pulling and lifting, but I can also do gentle actions like stretching, prying and pressing. Information coming from my joints, muscles and tendons, helps me adjust my body position for smooth movements with just the right amount of pressure. I am important for good "motor planning" when this information is accurate. I am your best buddy too. Roll and I are partners. Don't go to the gym without us.

|  | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Being moved passively by another person (rocked or twirled by adult, pushed in wagon)  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Riding equipment that moves through space (swings, teeter-totter, escalators, and elevators)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spinning activities (carousels, spinning toys, spinning around in circles)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Activities that require changes in head position (such as bending over sink) or having head upside down (such as somersaults, hanging from feet) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Challenges to balance such as skating, bicycle riding, skiing, and balance beams   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Climbing and descending stairs, slides, and ladders  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Being up high such as at top of slide or on mountain overlook  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Less stable ground surfaces such as deep pile carpet, grass, sand, snow  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Riding in a car or other form of transportation  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|  | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Activities such as roughhousing, jumping, banging, pushing, bouncing, climbing, hanging, and other active play         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| High-risk play (jumps from extreme heights, climbs tall trees, rides bicycle over gravel)                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fine motor tasks such as writing, drawing, closing buttons and snaps, attaching pop beads and attachable building toys | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Activities requiring physical strength and force   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Crunchy foods (pretzels, dry cereal) or chewy foods (meat, caramels)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Smooth, creamy foods (yogurt, cream cheese, pudding)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Having eyes closed or covered  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



### Mr Touch (Tactile)

People always complain that it is so hard to get in touch with me. Sorry! I'm too busy... From head to toe and all over, my skin keeps me in touch with the world and inside my mouth I feel things too. Pain... Oh! I better say the others first. Touch, deep pressure, hard or soft, sharp or dull, vibration and temperature.

|   | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| Being touched on some body parts, hugs and cuddles  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Certain clothing fabrics, seams, tags, waistbands, cuffs, etc.                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Clothing, shoes, or accessories that are very tight or very loose                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Getting hands, face, or other body parts messy with paint, glue, sand, food, lotion, etc.           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Grooming activities such as face and hair washing, brushing, cutting, nail trimming, tooth brushing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Taking a bath, shower, or swimming  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|   | DISLIKES                 | LIKES                    | MIXED                    | NEUTRAL                  |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| Getting toweled dry   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Trying new foods  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eating particular food textures: chewy, crumbly, smooth, mushy, crunchy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Standing close to other people  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Walking barefoot  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |