

Tool: Sensory Preferences Checklist

This checklist has been created to help teachers and parents identify a child's sensory preferences, which can be helpful for regulation when needed.

Adapted with permission from *Sensory Preference Checklist* by Megan Anna Neff.

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Source: <https://neurodivergentinsights.com/blog/sensory-preferences-the-complete-checklist>

Senses	Checklist of Preferences																				
Visual & Lighting	<p>Have you noticed if the child is calmer or drawn to any of the following lighting conditions?</p> <table border="0"><tr><td><input type="checkbox"/> Natural lighting</td><td><input type="checkbox"/> Dim and soft lighting</td></tr><tr><td><input type="checkbox"/> Bright lighting</td><td><input type="checkbox"/> Moderate lighting</td></tr><tr><td><input type="checkbox"/> Colourful lighting</td><td><input type="checkbox"/> Warm lighting</td></tr><tr><td colspan="2"><input type="checkbox"/> White light</td></tr><tr><td colspan="2"><input type="checkbox"/> Others: _____</td></tr></table> <p>Have you noticed if the child's preferences for lighting conditions change depending on activity or circumstances? Elaborate.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Have you noticed if the child is calmer, more relaxed, or focused when s/he is looking at:</p> <table border="0"><tr><td><input type="checkbox"/> Neutral colours</td></tr><tr><td><input type="checkbox"/> Vibrant colours</td></tr><tr><td><input type="checkbox"/> Solid colours without complex patterns</td></tr><tr><td><input type="checkbox"/> Visually stimulating patterns or decorations</td></tr><tr><td><input type="checkbox"/> Patterns or spaces with clean lines and no/less clutter</td></tr><tr><td><input type="checkbox"/> Objects that move in a steady and predictable pattern, e.g., spinning top, spinning fan, rocking chair.</td></tr><tr><td><input type="checkbox"/> Others: _____</td></tr><tr><td>_____</td></tr><tr><td>_____</td></tr><tr><td>_____</td></tr></table>	<input type="checkbox"/> Natural lighting	<input type="checkbox"/> Dim and soft lighting	<input type="checkbox"/> Bright lighting	<input type="checkbox"/> Moderate lighting	<input type="checkbox"/> Colourful lighting	<input type="checkbox"/> Warm lighting	<input type="checkbox"/> White light		<input type="checkbox"/> Others: _____		<input type="checkbox"/> Neutral colours	<input type="checkbox"/> Vibrant colours	<input type="checkbox"/> Solid colours without complex patterns	<input type="checkbox"/> Visually stimulating patterns or decorations	<input type="checkbox"/> Patterns or spaces with clean lines and no/less clutter	<input type="checkbox"/> Objects that move in a steady and predictable pattern, e.g., spinning top, spinning fan, rocking chair.	<input type="checkbox"/> Others: _____	_____	_____	_____
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Sound	<p>Have you noticed if the child is calmer or more relaxed when the environment is/has:</p> <p><input type="checkbox"/> Quiet</p> <p><input type="checkbox"/> Background noise, e.g., soft music, ambient sounds, white/brown noise,</p> <p><input type="checkbox"/> Loud and lively</p> <p>What kinds of sounds does the child enjoy?</p> <p><input type="checkbox"/> Birds <input type="checkbox"/> Waves</p> <p><input type="checkbox"/> Rain <input type="checkbox"/> Flowing water</p> <p><input type="checkbox"/> Train <input type="checkbox"/> Soft humming sound</p> <p><input type="checkbox"/> Others: _____</p> <p>What types of music does the child like?</p> <p>_____</p> <p>_____</p> <p>How does the child usually respond to different voice qualities? High or low-pitched, loudly or softly spoken.</p> <p>_____</p> <p>_____</p>
Touch	<p>What are some tactile activities or textures that help the child feel calm, grounded, or stimulated in a positive way?</p> <p><input type="checkbox"/> No or minimal physical contact</p> <p><input type="checkbox"/> Gentle, light touches on their body</p> <p><input type="checkbox"/> Deep, firm pressure touch, e.g., tight hugs, and massages.</p> <p><input type="checkbox"/> Soft fabrics, materials, and toys</p> <p><input type="checkbox"/> Smooth surfaces or objects</p> <p><input type="checkbox"/> Stroking or petting an animal</p> <p><input type="checkbox"/> Textured materials, e.g., sequined fabric and spiky objects.</p> <p><input type="checkbox"/> Repeatedly touch their clothing or hair</p> <p><input type="checkbox"/> Hand washing</p> <p><input type="checkbox"/> Washing their face or splashing water on their face</p> <p><input type="checkbox"/> Fidget activities, e.g., popping bubble wrap, spinning pencils.</p> <p><input type="checkbox"/> Flipping books</p> <p><input type="checkbox"/> Others: _____</p> <p>_____</p>

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Movement	<p>What types of movement does the child enjoy?</p> <div> <input type="checkbox"/> Jumping <input type="checkbox"/> Walking </div> <div> <input type="checkbox"/> Running <input type="checkbox"/> Crawling </div> <div> <input type="checkbox"/> Spinning <input type="checkbox"/> Swinging/swaying </div> <div> <input type="checkbox"/> Rocking <input type="checkbox"/> Dancing </div> <div> <input type="checkbox"/> Sitting/Lying down <input type="checkbox"/> Stretching </div> <div> <input type="checkbox"/> Bouncing <input type="checkbox"/> Tapping hands, fingers, or feet </div> <div> <input type="checkbox"/> Flapping hands <input type="checkbox"/> Clapping hands </div> <div> <input type="checkbox"/> Throwing objects <input type="checkbox"/> Squeezing objects </div> <div> <input type="checkbox"/> Pushing against a wall <input type="checkbox"/> Stomping feet </div> <div> <input type="checkbox"/> Others: _____ </div> <p>When moving, does the child prefer to:</p> <div> <input type="checkbox"/> Move fast </div> <div> <input type="checkbox"/> Move slow </div> <div> <input type="checkbox"/> Move at a moderate pace </div> <div> <input type="checkbox"/> Switch between fast and slow </div> <div> <input type="checkbox"/> Move according to a predictable, steady pattern or rhythm </div> <div> <input type="checkbox"/> Move according to an unpredictable rhythm </div> <div> <input type="checkbox"/> Walk closely along the walls </div> <div> <input type="checkbox"/> Place their hand or lean their shoulders on the wall to walk </div> <div> <input type="checkbox"/> Others: _____ </div> <div> <p>_____</p> <p>_____</p> </div>
Taste	<p>What tastes or oral movements bring the child comfort and enjoyment?</p> <div> <input type="checkbox"/> Eating crunchy snacks </div> <div> <input type="checkbox"/> Chewing on straws or sensory chew toys </div> <div> <input type="checkbox"/> Suck, press, nibble, or bite her/his lips and cheeks </div> <div> <input type="checkbox"/> Blowing air through slightly closed lips </div> <div> <input type="checkbox"/> Drinking a cup of water or cooling drink </div> <div> <input type="checkbox"/> Others: _____ </div> <div> <p>_____</p> <p>_____</p> </div>

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Smell	<p>What types of smells have you noticed the child enjoying?</p> <p><input type="checkbox"/> Food smells, specify: _____</p> <p><input type="checkbox"/> Fruit smells, specify: _____</p> <p><input type="checkbox"/> Plants or flowers, specify: _____</p> <p><input type="checkbox"/> Smell of the grass in the air after raining</p> <p><input type="checkbox"/> Clothing/bedsheets thoroughly dried under the sun</p> <p><input type="checkbox"/> Fresh laundry</p> <p><input type="checkbox"/> Books</p> <p><input type="checkbox"/> Essential oil, specify: _____</p> <p><input type="checkbox"/> Others: _____</p> <p>_____</p>
Environment	<p>Have you noticed if the child is drawn to the following environments?</p> <p><input type="checkbox"/> Outdoors</p> <p><input type="checkbox"/> Indoors</p> <p><input type="checkbox"/> Outdoors with shelter, e.g., shade under a tree or under a covered roof.</p> <p><input type="checkbox"/> Cozy and secluded spaces, such as small corners, under a table, or in a tent.</p> <p><input type="checkbox"/> Open and wide space</p> <p><input type="checkbox"/> Others: _____</p> <p>_____</p> <p>_____</p>
Temperature	<p>What does the child prefer in terms of the temperature of the environment?</p> <p><input type="checkbox"/> Cool <input type="checkbox"/> Warm</p> <p><input type="checkbox"/> Neutral temperature <input type="checkbox"/> Breezy, flowing air</p> <p><input type="checkbox"/> Cooling blankets or mats <input type="checkbox"/> Heated blankets</p>

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