

Step 1: Sensory Smart Environment:

**Worksheets** (Adapted from 'The Sensory Team Handbook – A hands-on tool to help young people make sense of their senses and take charge of their sensory processing' by Nancy Mucklow, 2009).

**Proprioception:** Highlight the statements that apply and write comments in the speech bubble below



I rub things out so hard I often rip the paper.

I snap pencil leads by accident.

I seek out hugs and like being hugged hard.

I find it difficult to squeeze things well.

My hand gets tired quickly when I am writing and my handwriting can be untidy.

I am bouncy and find it difficult to sit in a chair for very long.

I use too much force

I don't like exercise and I am not confident at playing sports.

When doing my homework I tend to lean my head on the desk.

**Tactile:** Highlight the statements that apply and write comments in the speech bubble below

I tend to touch people a lot.

I bump into people without realizing it.

When I was younger I did not like baths, especially getting my hair washed.

People tell me I overreact about cuts and bruises.

I don't like to eat food when it's hot.

I often have food on my face and hands and can't feel it.

I don't like messy play or getting food onto my face/hands.

I don't like being touched and avoid crowded places.

I don't like the feel of a toothbrush or going to the dentist.

I like soft clothes that have been washed a lot.

I cut tags out of my shirts.

**Vestibular:** Highlight the statements that apply and write comments in the speech bubble below

I don't like being moved; it doesn't feel safe.

I don't like tipping my head.

I prefer using stairs to escalators.

People say I am too boisterous.

I like sliding, swinging and jumping. I also like spinning.

I like to climb, rock and twirl more than my peers.

I like the feel of unusual positions (i.e. being upside down)

I don't like running or movements such as swinging and jumping.

People say I overreact when I have to do movements I don't like.

I am wary when I don't know what the demands of new physical environments are.

**Vision:** Highlight the statements that apply and write comments in the speech bubble below



I don't like bright lights and have to shield my eyes from the sun.

I like bright lights

Sports that have quick movements make me nervous. Watching fast moving objects can make me feel dizzy.

I sometimes don't notice signs, even when they are right where I look.

I get tired from reading. The glare of light on a page makes it hard for me to read.

I find it difficult to shift my focus from the whiteboard to my book and back again.

I get distracted by watching things that move.

**Hearing:** Highlight the statements that apply and write comments in the speech bubble below

I get distracted by noise (i.e. ceiling fan or lights humming) and I can't hear what a person is saying to me.

I tend to hear things that others don't (i.e. quiet, background sounds).

Certain types of noise irritate me (i.e. high-pitched noises).

Loud noises bother me and can hurt. I cover my ears when there is a loud sound/it is noisy.

In a noisy environment I remember things better when they are written down.



I don't like going to the cinema because it is too loud.



**Taste:** Highlight the statements that apply and write comments in the speech bubble below



**Smell:** Highlight the statements that apply and write comments in the speech bubble below

I don't like strong smells (i.e. cleaning products/ food cooking) and I gag easily.

I don't seem to notice smell, even strong smells.

I notice smells that other people don't seem to notice and I find it difficult when there are lots of different smells in a room. This can make me distressed.

I like strong smells.  
I like to smell objects, people and foods.

I sniff things over and over again.

I find it difficult to tell smells apart.