

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 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.

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

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

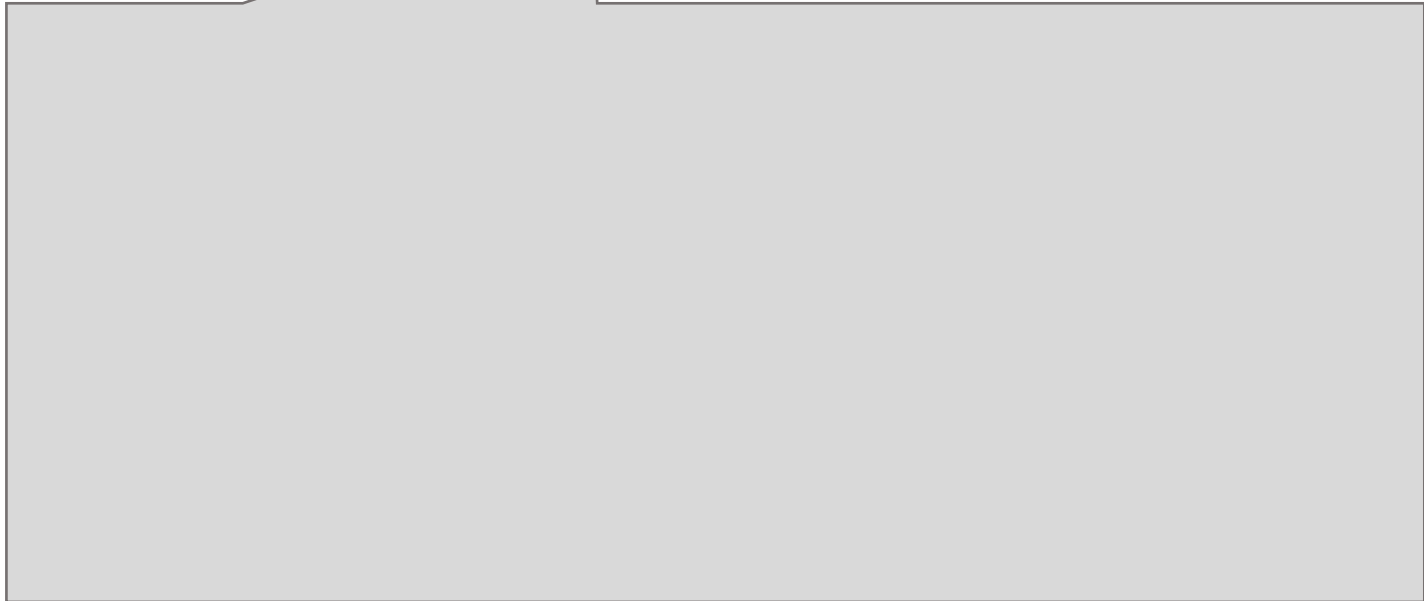
Sports that have quick movements make me nervous. Watching fast moving objects can make me feel dizzy.

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

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

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



I find it difficult to identify different tastes and flavours, all foods taste the same.

I prefer foods that do not have a strong taste (i.e. noodles, bread, cereal, potatoes).

I don't like mixing tastes and textures in my mouth.

When I eat pasta I keep it separate from sauce.

I prefer raw/ crunchy vegetables and not cooked as they become mushy.

I like food to taste strong (i.e. hot sauce, pepperoni, spices, and tomato sauce).

I really like sour sweets.

Large empty speech bubble for writing comments.

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 sniff things over and over again.



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 find it difficult to tell smells apart.

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

A large, empty, light grey rectangular area with a drop shadow, intended for students to write their responses to the statements above.