

# Sensory Processing Disorders

## Sensory Discrimination Checklist

SS (Indicates Sensory Seeking Behavior)



### Tactile

#### UNDER

- Not noticing being touched
- High pain threshold
- Doesn't seem to notice hot/cold weather. Dresses inappropriately
- SS  Touches everything
- SS  Enjoys vibration
- SS  Enjoys being wrapped and hugged
- SS  Likes rough play and may hurt others accidentally
- SS  May fidget, stroke different surfaces and touch others

#### OVER

- Flinches when touched
- Excessive ticklishness
- Doesn't like certain materials or surfaces, e.g. fabric, clothing tags, seams, sands, grass
- Avoids using their hands when playing
- Overly upset getting a haircut and with other personal care such as having nails cut

### Oral

#### UNDER


- Indiscriminate with food. All tastes the same. May eat offensive foods
- Likes spicy foods
- May not notice food around mouth
- May overfill mouth
- SS  Licks non-food items
- SS  Chews non-food items (clothes, toys, furniture)
- SS  Loves vibrating toothbrushes
- SS  May continue eating despite not being hungry to enjoy oral input

#### OVER

- Very fussy, extremely picky eater
- Prefers bland foods
- Over active gag reflex
- May have difficulty with chewing and/or swallowing
- Refuses to lick envelopes, stickers, stamps
- Over reacts to hot or cold foods
- May only eat soft foods

## Olfactory

### UNDER


- Not noticing offensive or threatening smells (smoke, rot)
-   Tries to smell everything including people
- Delayed response to smells/scents
- May drink or eat dangerous substances, not noticing noxious fumes (paint)
- Has difficulty discriminating or identifying smells from scratch and sniff stickers, candles, markers, etc.

### OVER

- Difficulty coping with certain smells, perfumes, cooking, deodorant, etc.
- May get headaches, feel nauseous, or vomit due to smells.
- Might tell people they smell funny
- May refuse to eat certain foods due to smell
- Might decide whether they like a person or place based on the smell

## Vision

### UNDER


-   May stare at spinning items
- Seems fascinated by flashing lights
- May miss visual cues
- May seem to look right through things

### OVER

- Rubs eyes, covers eyes, squints
- Avoids eye contact
- Doesn't like bright, flashing or moving lights
- Light or sunlight flashing on ceiling fans or moving items may cause distress
- Prefers darker spaces
- Trouble transitioning from light to dark space (vice versa)

## Auditory

### UNDER


- Seems to tune out
- Prefers TV to be loud
-   Makes noise for noise sake

### OVER

- Easily startled by sudden noise
- Covers ears
- Overly sensitive to noises
- Crowded noisy places is upsetting
- Bothered by background noises

## Vestibular

### UNDER

- Enjoys being spun around
- Difficulty staying seated
- Loves roller coasters
- Seems unaware of danger especially heights
- Extremely physical when playing, may take risks
- Overly tolerant of being upside down
-   May repeat movements over and over

### OVER

- Motion sickness
- Hates being upside down
- Fear of heights
- Trouble with eye tracking/turns entire body to follow
- Avoids rides, roller coasters, spinning games
- Difficulty with stairs, escalators, and elevators
- Motion sickness
- Poor balance/Clumsy
- Poor muscle tone
- Sits in “W” position

## Proprioceptive

### UNDER

-   Often stretching limbs
-   Hits, bumps, or pushes others
- Loves contact sports and games
-   Stomps feet when walking
- Loves to be tightly wrapped
- Likes body socks and Lycra tunnels
- Loves getting into tight places
- May like tight clothing
-   Kicks or taps feet on chair or floor while sitting
-   Actively touches wall while walking down hallways
- Enjoys physical play that involves crashing into people or items

### OVER

- Doesn't like being hugged
- Rigid body posture
- Stiff walk
- Keeps limbs close to torso
- Avoids stretching reaching
- May misjudge when flexing or extending limbs
- Misjudges pressure applied (handwriting, petting animals, etc)
- Difficulty judging weight of items and force required to lift
- May accidentally push or bump others and genuinely not realize
- Has a poor sense of space

