

Solihull's Early Years Sensory Processing Checklist

Touch

Taste

Sight

Hearing

Smell

Body Awareness

Movement and Balance

How to use the Sensory Processing Checklist?

For some children, sensory processing may affect how a child experiences their world on a day-to-day basis, this can lead to a child having difficulties dealing with certain sensory stimulus and/or environments and result in the child presenting with certain behaviours. A child may be over-responsive or under-responsive to the various senses. The aim of this tool is to provide a snapshot of a child's behaviours and to narrow down which sense/s may be contributing to the challenges they face so that their support can be individualised to help the child to manage their sensory processing needs. This is not a diagnostic tool but instead can be used to identify patterns which may help to pinpoint the source of a child's daily challenges.

We have various sensory systems that help us to navigate through the world on a daily basis, a child who experiences sensory processing challenges may do so in one or more systems:

- Tactile (related to touch)
- Gustatory (related to taste)
- Olfactory (related to smell)
- Visual (related to sight)
- Auditory (related to hearing)
- Proprioception and Interoception (related to body awareness)
- Vestibular (related to movement and balance)

Instructions: Please tick the box that best describes the frequency with which the child or young person does the following.

Please use the following guidance to mark your responses:

In each section, please tick the appropriate box:

1. Frequently (the child does this several times throughout the day, every day)
2. Occasionally (this behaviour is observed at times, perhaps not on a daily basis)
3. Rarely (the child does present with this behaviour at times, but not very often)
4. Never (the child does not present with this behaviour)

After completing each section, count the scores using a point system:

Frequently	4 points
Occasionally	3 points
Rarely	2 points
Never	1 point

Put the total number of points for each section in the box provided underneath.

Once you have completed all the sections 1-14, add the total in each section on the Area of Difference table (please follow the example in the table).

For advice or ideas around strategies for each section please refer to our Supporting Children with Sensory Processing Differences in Early Years Settings document.

Sensory Check List

Childs Name:		Date of Birth:	Date completed:		
Area of Difference		Child's Score	Typical / Expected Range	Experiencing Sensory Challenges	Results
	Taste Seeking (example)	26	9-28	27-36	Typical
1	Touch Avoiding		10-31	30-40	
2	Touch Seeking		9-28	27-36	
3	Taste Avoiding		7-22	21-28	
4	Taste Seeking		9-28	27-36	
5	Smell Avoiding		7-22	21-28	
6	Smell Seeking		7-22	21-28	
7	Sight Avoiding		7-22	21-28	
8	Sight Seeking		8-25	24-32	
9	Hearing Avoiding		7-22	21-28	
10	Hearing Seeking		8-25	24-32	
11	Body Awareness Avoiding		10-31	30-40	
12	Body Awareness Seeking		10-31	30-40	
13	Movement and Balance Avoiding		9-28	27-36	
14	Movement and Balance Seeking		10-31	30-40	

1 Touch (Tactile) Over-Responsive/Avoiding

Frequently 4	Occasionally 3	Rarely 2	Never 1
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Resists touch, pulls away from physical contact				
As a baby, did/does not like to be held or cuddled				
Distressed with nappy changes				
Avoids group situations or crowds				
Avoids/refuses to do 'messy play'				
Distressed by dirty hands and wants to wipe or wash them frequently				
Overreacts to minor cuts or scrapes				
Refuses to walk barefoot on grass or sand				
Walks on toes on new surfaces or textures				
Distressed by clothes rubbing on skin; prefers to be naked or pulls nappy/clothes off constantly				

Total:

2 Touch (Tactile) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Craves touch or seeks to touch people				
Underreacts to cold, heat or pain				
Pinches, bites, or rubs self				
Not aware that hands or face are dirty or the feeling their nose is running				
Unaware of hurting others while playing				
Repeatedly touches surfaces or objects for comfort				
Can't distinguish between light and soft touch				
Thoroughly enjoys and seeks out messy play				
Likes tight cuddles or small spaces				

Total:

3 Taste (Gustatory) Over-Responsive/Avoiding

Frequently 4	Occasionally 3	Rarely 2	Never 1
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Fussy or poor eater				
Gags/avoids with textured foods				
Dislikes toothpaste and/or teeth brushing				
Prefers bland (beige diet) foods				
Dislikes food with mixed textures				
Sensitivities to hot and/or cold foods				
Resists trying new foods				

Total:

4 Taste (Gustatory) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Mouths, licks or eats objects				
Bites or sucks on fingers				
Overfills mouth with foods				
Excessive eating				
Eats a wide range of food				
Prefers food with intense flavours				
Excessive drooling				
Bites skin of others or self				
Chewing and/or sucks clothes				

Total:

5 Smell (Olfactory) Over-Responsive/Avoiding

Frequently 4	Occasionally 3	Rarely 2	Never 1
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Avoids certain areas due to strong smells				
Tells other people how bad or funny they smell				
Refuses to eat certain foods because of the smell				
Dislikes the smell of perfume/deodorant/aftershave				
Dislikes cooking smells				
Hold nose to block smells				
Behaves differently due to smells				

Total:

6 Smell (Olfactory) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Smells objects/clothing or people				
Unable to distinguish between strong and weak odours				
Seeks strong odours				
May smear or play with faeces				
Does not notice odours that others complain about				
Excessive use of smelling when introduced to objects, people, or places				
Carry an item around with them to smell (comfort)				

Total:

7 Sight (Visual) Over-Responsive/Avoiding

Frequently 4	Occasionally 3	Rarely 2	Never 1
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Covers, closes, or squints eyes at bright lights/colours				
Dislikes/avoids bright lights or colours				
Focuses on detail rather than whole picture				
Avoids eye contact				
Enjoys playing in the dark				
Avoids busy/crowded spaces				
Objects to go outside in the sunshine				

Total:

8 Sight (Visual) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Gets excited by bright or flickering objects				
Fascinated with coloured/shiny objects				
Makes compulsive repetitive hand or body movements				
Flicks light switches on and off				
Rubs eyes hard				
Uses peripheral vision				
Enjoys looking closely at patterns				
Watches repetitive movements				

Total:

9 Hearing (Auditory) Over-Responsive/Avoiding

Frequently 4	Occasionally 3	Rarely 2	Never 1
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Distracted by sounds not noticed by others e.g., humming of computer				
Appears fearful of sudden, unexpected, or unfamiliar sounds				
Covers or blocks ears				
Makes repetitive noises to 'block' out other sounds				
Complains or becomes distressed about noises				
Poor concentration				
Refusal/reluctant to go into certain rooms due to sounds/noises				

Total:

10 Hearing (Auditory) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Makes lots of noises				
Likes noisy places/toys				
Uses a loud voice				
Fascinated by certain sounds/music				
Can appear to ignore people talking				
Doesn't appear to hear if looking at something				
Appears confused about where a sound is coming from				
Often does not respond to name being called				

Total:

11 Body Awareness (Proprioception and Interoception) Over-Responsive/Avoiding

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Appears floppy/leans on people				
Dislikes having wet/soiled nappy				
Avoids busy or crowded areas				
Cautious in play with others, may seek corner and avoids contact				
Does not like shaking hands or being hugged				
Is always hungry wanting more food				
Will make a fuss/cry with only a small bump				
Finds toilet training difficult				
Seems uncoordinated/clumsy				
Dislikes extremes of temperatures				

Total:

12 Body Awareness (Proprioception and Interoception) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Unable to keep still or move slowly				
Seeks 'rough and tumble' play				
Doesn't seem to feel pain				
Needs reminding/ encouraging to eat and drink				
May walk on toes				
Bumps into people or objects				
Enjoys firm hugs or being in tight/small spaces				
Doesn't notice when wet or soiled				
Does not feel the cold or heat cant self-regulate temperature				
Seeks extremes in play e.g. climbs too high				

Total:

13 Movement and Balance (Vestibular) Over-Responsive/Avoiding

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Avoids fast/spinning activities				
Avoids taking risks in physical play				
Does not like feet to leave the ground				
Prefers quiet play				
Does not like going up or down steps				
Dislikes head being tipped back				
Gets carsick easily				
Dislikes walking on uneven surfaces				
Loses balance easily and may appear clumsy				

Total:

14 Movement and Balance (Vestibular) Under-Responsive/Seeking

	Frequently 4	Occasionally 3	Rarely 2	Never 1
Enjoys lots of movement e.g., rocks, spins, jumps				
Runs, jumps or hops instead of walking				
Walks on tiptoes				
Unaware of the risks of climbing or heights				
Has difficulty sitting still Moves feet and legs while sitting on a chair				
Likes intense rides or roundabouts				
Loves being tossed in the air				
Can spin for long periods and never appears to be dizzy				
Jumps on furniture, trampolines, spins in swivel chair				
Loves being in upside down positions				

Total:

