

Sensory Observation Checklist

Name: _____ Date: _____

Tick what you notice over about two weeks. Children are often over-sensitive in one sense and under-sensitive in another — record both. This is not a test and there is no score.

Sound	Often	Sometimes	Not yet
Covers ears at everyday noise — mixer, hand dryer, traffic, crowds	☐	☐	☐
Very distressed in busy, echoing places such as markets or halls	☐	☐	☐
Does not seem to notice loud sounds, or their own name in noise	☐	☐	☐
Makes constant noise or hums to themselves	☐	☐	☐

Touch, clothing and grooming	Often	Sometimes	Not yet
Fights haircuts, nail cutting or teeth brushing	☐	☐	☐
Pulls at labels, seams or socks; will only wear certain fabrics	☐	☐	☐
Dislikes being touched lightly, but likes firm hugs	☐	☐	☐
Does not seem to notice mess on hands or face, or minor bumps	☐	☐	☐

Movement and body	Often	Sometimes	Not yet
Constantly spinning, rocking, jumping or crashing into things	☐	☐	☐
Frightened of feet leaving the ground — swings, slides, stairs	☐	☐	☐
Bumps into furniture and people; seems unaware of their own body	☐	☐	☐
Chews clothing, pencils or toys well beyond the teething stage	☐	☐	☐

Food and mealtimes	Often	Sometimes	Not yet
Refuses whole textures — soft, lumpy, mixed or crunchy	☐	☐	☐
Gags at the sight or smell of certain foods	☐	☐	☐
Eats a very narrow range of foods and resists anything new	☐	☐	☐
Stuffs the mouth very full, or eats extremely slowly	☐	☐	☐

Light, sight and attention to detail	Often	Sometimes	Not yet
Squints, covers eyes or is upset by bright or flickering light	☐	☐	☐
Is drawn to spinning objects, patterns or lights	☐	☐	☐
Struggles to find an object in a cluttered place	☐	☐	☐

Afterwards	Often	Sometimes	Not yet
Takes a long time to settle once upset	☐	☐	☐
Is calmed by deep pressure, a quiet space or a familiar item	☐	☐	☐
Reacts more strongly when tired, hungry or unwell	☐	☐	☐

Notes — the trigger, the setting, and anything that helped:

How to use this

Print one sheet and fill it in over about two weeks, across ordinary days rather than special outings.

Tick what you see rather than what you expect. A child can be over-sensitive to sound and under-sensitive to movement at the same time — that mix is common and worth capturing.

Add the trigger in the notes: which shop, which fabric, which food, what time of day.

Note what helps as well as what sets things off. If ear defenders, a tight hug or a quiet room settle your child, that is genuinely useful information.

Bring it to your appointment. It gives us a fortnight of real life instead of twenty minutes in an unfamiliar room.

Pairs with our free **sensory home program** at inclusivetherapycentre.com/home-programs