

# Sensory Profile Worksheet

Map Your Child's Sensory Preferences Across All 8 Senses

Use this worksheet to identify what your child seeks (craves more of) and avoids (is sensitive to) for each sense. Share this with your child's occupational therapist, teachers, and caregivers to create consistent sensory support.

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_ Completed by:

## Touch (Tactile)

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Likes tight hugs, plays with textures, seeks messy play, touches everything</i>	<i>Examples: Avoids certain clothing, dislikes haircuts/nail cutting, resists being touched, distressed by messy hands</i>

## Sound (Auditory)

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Makes noise, enjoys loud music, hums or sings constantly, seeks sound-making toys</i>	<i>Examples: Covers ears, distressed by sudden noises, avoids loud places, bothered by vacuum/blender/alarms</i>

## Sight (Visual)

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Fascinated by lights, watches spinning objects, stares at screens, seeks visual patterns</i>	<i>Examples: Squints in bright light, overwhelmed in busy visual environments, avoids eye contact</i>

## Taste & Smell (Gustatory/Olfactory)

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Prefers strong flavors, mouths or chews non-food objects, sniffs everything</i>	<i>Examples: Extremely picky eater, gags at certain smells or textures, avoids new foods, limited diet</i>

### **Movement & Balance (Vestibular)**

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Constantly moving, loves spinning, jumping, swinging, rocking, seeks roller coasters</i>	<i>Examples: Avoids swings, gets carsick, fearful of heights, dislikes feet leaving the ground</i>

### **Body Awareness (Proprioception)**

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Crashes into things, plays rough, stomps feet, loves being squeezed, jumps off furniture</i>	<i>Examples: Seems clumsy, avoids physical activities, uses too much or too little force, poor body awareness</i>

### **Internal Signals (Interoception)**

Seeks / Craves	Avoids / Sensitive To
<i>Examples: Does not seem to notice hunger, thirst, temperature, or need for bathroom until extreme</i>	<i>Examples: Overwhelmed by internal sensations, frequently reports pain or discomfort, difficulty identifying emotions</i>

# Sensory Summary & Action Plan

Top 3 sensory needs my child has right now:

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Calming strategies that work:

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Alerting strategies that work:

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Environments or situations to avoid or modify:

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Items to keep in our sensory toolkit:

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