

Sensory Quiz

A free download from Health Home and Happiness.

The first step in helping your child (or yourself) with sensory issues is to identify where they are sensory seeking and where they are sensory avoiding. Look through this list and check all circles that describe your child. Then you can see at a glance where there are lots of bubbles filled in- this indicates that your child is probably gravitating to this type of sensory seeking or avoiding.

Often a child will be seeking in one area and avoiding in another, but sometimes they are all-around seeking, or all-around avoiding.

With this knowledge, you can then look for ways to provide a sensory diet for them to help them regulate themselves. A qualified occupational therapist can help you identify your child's unique sensory preferences and provide treatment if needed.

Sensory Seeking Behavior

Visual Seeking:

- Likes contrast (black and white patterns) and colors
- Enjoys strobe lights, flashlights
- May fixate on lights or windows
- Dislikes the dark

Auditory Seeking:

- Enjoys loud music
- May talk 'too loud'
- Doesn't mind the radio or TV on as background noise
- Lots of noise made during play

Tactile Seeking:

- Runs hands down walls
- Enjoys tight hugs
- Likes sleeping under heavy blankets
- Enjoys swinging fast, sliding fast, other fast play at the playground
- Jumps and runs when not appropriate
- Seems to 'crash' into walls often (not a balance issue)
- Enjoys finger painting, playing in a sand box
- May be particular about clothes, but prefers them to be snug. Often prefers to wear jeans over leggings or sweat pants.

Sensory Avoiding Behavior

Visual Avoiding:

- Shields eyes
- Dislikes bright lights, fluorescent lights, flickering
- Dislikes contrast (reading)
- Overwhelmed in brightly lit, colorful places (kid gyms, Target, Walmart)

Auditory Avoiding:

- Hands over ears
- Dislikes appliances running (vacuum, dryer, AC)
- Prefers to not hear white noise
- Is easily distracted by the radio, TV while trying to concentrate

Tactile Avoiding:

- Does not like to touch sand/grass with bare feet
- Particular about how clothing fits
- Prefers elastic waistbands to jeans
- Irritated by tags in shirts
- Does not enjoy sand play, finger painting
- Prefers smooth foods to crunchy
- Shies away from hugs and rough play
- Prefers to not sleep under heavy blankets
- Dislikes swinging fast or other fast motor activities