

SENDIS Sensory Sensitivities Checklist

Visual (Sight)

Hyper (over sensitive)

<i>Behaviour</i>	✓ or ✗
Squints or covers eyes when lights are bright	
Frightened by sharp flashes of light	
Complains about particles flying in the air	
Notices the tiniest pieces of fluff on the carpet	
Looks down most of the time	
Difficulties keeping eyes focused on the task	
Easily distracted by other visual stimuli	
Avoids eye contact	
Has difficulty in bright or dimly lit rooms	

Hypo (under sensitive)

<i>Behaviour</i>	✓ or ✗
May stare at the sun or bright lights	
Fascinated with brightly coloured objects and reflections	
Moves fingers and objects in front of eyes	
Run hands around edge of object to find out what it is	

Auditory (Hearing)

Hyper (over sensitive)

<i>Behaviour</i>	✓ or ✗
Distracted by sounds not normally noticed by others e.g. humming of overhead projector, fans.	
Frightened by sounds e.g. fire bell, hand dryers	
Frequently asks people to be quiet	
Refuses to go to music lessons, assemblies	
Makes repetitive noises to block out other sounds	

Hypo (under sensitive)

<i>Behaviour</i>	✓ or X
Often does not respond to verbal cues or name	
Appears to make noises for noises sake	
Difficulty understanding or remembering what was said	
Oblivious to certain sounds	
Talks self through a task, often out loud	
Attracted to noisy environments	

Tactile (Touch)

Hyper (over sensitive)

<i>Behaviour</i>	✓ or X
Becomes frightened, anxious or aggressive with light or unexpected touch	
Appears frightened or avoids standing in close proximity to others	
Overreacts to minor cuts	
Avoids touching certain textures e.g. clay	
Refuses to wear new or stiff clothes	
Dislikes messy play/dirty hands	
Wears inappropriate clothing for time of year e.g. coat on hot day	
Only eats certain food textures	
Overreacts to heat/cold	

Hypo (under sensitive)

<i>Behaviour</i>	✓ or X
Craves touch, needs to touch everything and everyone	
Not aware of being touched unless with extreme force	
Doesn't notice when injured e.g. cut or bruised	
Not aware when hands or face are dirty/nose running	
May hurt themselves deliberately e.g. pinching, biting	
Mouths objects excessively	
Seeks out and touches certain textures	
Enjoys and seeks out messy play	
Likes pressure e.g. tight clothes	
Not aware when they are hot or cold	

Gustatory (Taste)

Hyper (over sensitive)

Behaviour	✓ or X
Picky eater, limited repertoire of food	
Only eats soft food	
Gags on textured foods	
Has a fear of choking	
Uses the tip of their tongue for tasting	

Hypo (under sensitive)

Behaviour	✓ or X
Lick, taste or chew inedible objects	
Prefers food with an intense flavour	
Frequently chews on hair, shirt or fingers	
Constantly putting objects in mouth	
Eats anything	

Olfactory (Smell)

Hyper (over sensitive)

Behaviour	✓ or X
Dislikes smells that do not bother other people	
Tells other people how bad or funny they smell	
Refuses to eat certain food (due to smell) no matter how hungry they are	
Offended by environmental smells e.g. bathroom, cooking, perfumes	

Hypo (under sensitive)

Behaviour	✓ or X
Does not notice odours that others complain about	
Makes excessive use of smelling when introduced to objects, people, places	
Eats or drinks anything regardless of smell e.g. soap	

Vestibular (Balance)

Hyper (over sensitive)

<i>Behaviour</i>	✓ or X
Frightened of ordinary movement activities e.g. spinning in PE activities	
Frightened of walking on uneven surfaces/walking up or down stairs	
Frightened of jumping, hopping, balancing on one foot	
Loses balance easily and may appear clumsy	
Moves slowly and cautiously	
Dislikes head being upside down i.e. forward rolls in PE	

Hypo (under sensitive)

<i>Behaviour</i>	✓ or X
In constant motion, can't seem to sit still	
Craves fast, spinning or intense movement experiences	
Runs round and round and spins without feeling dizzy	
Rocks body, shakes leg or head while sitting	

Proprioceptor (Position of body in space)

<i>Behaviour</i>	✓ or X
Turns the whole body to look at something	
Places body in strange positions	
Walks on tip toe	
Low muscle tone e.g. sits on the floor with legs in a W position	
Weak grasp e.g. drops things	
Lack of awareness of body position in space e.g. bumps into objects and people	
Appears floppy, often leans against people, furniture, walls	
Stumbles frequently and has a tendency to fall	
Rocks back and forth	
Self care/toileting (where are you wiping?)	