



SENSORY PROFILE Worksheet



Use this worksheet to better understand your child's sensory preferences, triggers, and calming strategies. Complete each section to create a personalized sensory profile that you can use as a guide when creating a sensory-friendly environment.

Sensory Preferences

Fill in the types of sensory input your child seeks or enjoys in each category:

Touch (Tactile):

Examples: soft blankets, playdough, hugs, certain fabrics.

My child enjoys:

Movement (Vestibular):

Examples: swinging, jumping, spinning, dancing.

My child enjoys:

Pressure (Proprioceptive):

Examples: weighted blankets, deep squeezes, climbing.

My child enjoys:

Visual:

Examples: colorful lights, spinning objects, watching bubbles.

My child enjoys:

Auditory:

Examples: calming music, rhythmic sounds, quiet environments.

My child enjoys:

Taste/Smell:

Examples: specific flavors, scented playdough, certain smells.

My child enjoys:



SENSORY PROFILE



Sensory Triggers

List sensory inputs that cause discomfort or overwhelm in each category:

Touch (Tactile):

Examples: itchy fabrics, unexpected touches, sticky textures.

My child avoids:

Movement (Vestibular):

Examples: sudden changes in motion, spinning, fast movements.

My child avoids:

Pressure (Proprioceptive):

Examples: tight clothing, heavy backpacks.

My child avoids:

Visual:

Examples: bright lights, fast-moving visuals, cluttered spaces.

My child avoids:

Auditory:

Examples: loud noises, unpredictable sounds, crowded environments.

My child avoids:

Taste/Smell:

Examples: strong scents, bitter foods, spicy flavors.

My child avoids:



SENSORY PROFILE



Sensory Triggers

List sensory inputs that cause discomfort or overwhelm in each category:

Touch (Tactile):

Examples: itchy fabrics, unexpected touches, sticky textures.

My child avoids:

Movement (Vestibular):

Examples: sudden changes in motion, spinning, fast movements.

My child avoids:

Pressure (Proprioceptive):

Examples: tight clothing, heavy backpacks.

My child avoids:

Visual:

Examples: bright lights, fast-moving visuals, cluttered spaces.

My child avoids:

Auditory:

Examples: loud noises, unpredictable sounds, crowded environments.

My child avoids:

Taste/Smell:

Examples: strong scents, bitter foods, spicy flavors.

My child avoids:



SENSORY PROFILE



Calming Strategies

Identify what helps your child self-regulate or relax:

Touch (Tactile):

Movement (Vestibular):

Pressure (Proprioceptive):

Visual: _____

Auditory: _____

Taste/Smell: _____

Routines and Contexts

Identify what helps your child self-regulate or relax:

What times of day are most challenging for sensory regulation?

What routines work well to help your child stay calm and focused?

Are there specific environments where your child thrives or struggles?



SENSORY PROFILE



Notes from Observations

Use this space to write down any additional notes about your child's sensory needs:

Next Steps

Once you've completed this worksheet:

1. Share it with therapists or teachers to ensure consistency across environments.
2. Use it as a guide when designing sensory-friendly spaces or routines at home.
3. Revisit and update it regularly as your child's sensory needs evolve.