



SENSORY PROCESSING QUICK QUESTIONNAIRE  
SENSORY SEEKING/AVOIDING BEHAVIORS

**VESTIBULAR SYSTEM:**

<b>SEEKING</b>		<b>AVOIDING</b>	
Craves movement fast, high, spinning		Anxious when feet are off the floor	
Likes being upside-down		Doesn't like swings, slides, amusement park rides	
Constantly moving, pacing		Doesn't like elevators, escalators	
Rocks back and forth, fidgets		May appear overstimulated/excited after movement	
Poor endurance, tires easily		Prefers to be upright	
Poor balance		May have a fear of heights	
Clumsy falls easily		Avoids gross motor activities	
May have low muscle tone and poor posture		Over-reacts when bumped or moved "off" balance	

**TACTILE (TOUCH) SYSTEM:**

<b>SEEKING</b>		<b>AVOIDING</b>	
Constantly, touching or mouthing objects		Removes clothing and/or shoes frequently	
Chews on objects or clothing		Sensitive to seams, tags, pockets on clothing	
Messy eater, doesn't notice when face and/or hands are dirty		Resists self-care activities such as Hair brushing/washing Tooth brushing Face washing/hand washing Bathing/showering	
Disheveled doesn't notice when clothes are twisted, back to front		Does not like to get dirty	
High tolerance for pain		Avoids certain textures	
Delayed response to painful stimuli		Difficulty on sand, grass when feet are bare	
May drop objects and not notice.		Rubs or taps area recently touch by someone	

		Displays excessive seeking of or attachment to specific texture/object usually soft & silky	
		Strong aversion to specific textures	
		Appears bossy and controlling	
		Dislikes busy, crowded areas	
		Over-reacts when touched or bumped	
		Prefers to be alone, has solitary hobbies	
		Prefers to play with older children or adults	
		Low pain threshold	

**VISUAL SYSTEM:**

<b>SEEKING</b>		<b>AVOIDING</b>	
Difficulty finding something in the room, desk, drawer etc.		Uncomfortable in bright light, may cover eyes or squint	
Doesn't notice environmental changes, people, furniture		Is very watchful, especially moving objects or people	
Looks at items very closely		Distracted by objects in the environment	
Looks at items/objects for longer than typically expected			

**AUDITORY SYSTEM:**

<b>SEEKING</b>		<b>AVOIDING</b>	
Makes loud noises frequently		May cover ears when volume of sound is higher	
Difficulty listening,		Over-reacts to specific sound such as Vacuum cleaner Hair dryer Babies crying Children making noises/screaming	
Talks a lot		Notices sounds earlier than everyone else e.g. airplane, A/C fluorescent lights buzzing	
Appears not to hear at times		Fear/anxiety caused by sudden/unexpected loud noise	
May be confused about the direction sounds are coming from			

**GUSTATORY/OLFACTORY SYSTEMS:**

<b>SEEKING</b>		<b>AVOIDING</b>	
Smells everything		Over-reacts to specific smell, tastes	
Difficulty distinguishing tastes "it all tastes the same"		Picky eater, limited food choices	
Likes intense flavors hot/spicy, pungent			
Eats non edible items, crayons, glue mulch etc.			

**FEEDING**

Strong preference for particular foods		Limited food choices	
Over-stuffs mouth		Doesn't like different foods touching	
Likes intense flavors e.g. spicy		Gags when presented certain foods	
		Refuses to eat	

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