

THE MUSIC SETTLEMENT EARLY CHILDHOOD SENSORY PORTRAIT: A CHECKLIST

This is a snapshot of where your child is now in their development. This checklist is used by your child's teacher to best understand how your child manages the five senses at this time.

Child's Name

Date of Birth:

Person Completing this Checklist:

Today's Date:

TOUCH

Avoids Seeks Mixed Neutral

Being touched on some body parts, hugs, cuddles

Certain clothing fabrics, seams, tags, waistbands, cuffs, etc.

Clothing, shoes or accessories that are very tight or very loose

Getting hands, face or other body parts messy with paint, glue, sand, food, lotion, etc.

Grooming such as face & hair washing/brushing/cutting, nail trimming, tooth brushing

Taking a bath, shower or swimming

Getting toweled dry

Trying new foods

Eating particular food textures, chewy, crumbly, smooth, mushy, crunchy

Standing close to other people

Walking barefoot

BODY SENSE

Avoids Seeks Mixed Neutral

Activities such as roughhousing, jumping, banging, pushing, bouncing, climbing, hanging etc.

High-risk play (jumps from extreme heights, climbs tall trees, rides bicycle over gravel)

Fine motor tasks: writing, drawing, closing buttons/snaps, pop beads & attachable toys (Legos)

Activity requiring physical strength and force

Crunchy foods (pretzels, dry cereal) or chewy foods (meat, caramels)

Smooth, creamy foods (yogurt, cream cheese, pudding)

Having eyes closed or covered

MOVEMENT SENSE

Avoids Seeks Mixed Neutral

Being moved passively by another person (rocked or twirled by an adult, pushed in a wagon)

Riding equipment that moves through space (swings, teeter-totter, escalators, and elevators)

Spinning activities (carousels, spinning toys, spinning around in circles)

MOVEMENT SENSE (Continued)

Avoids Seeks Mixed Neutral

Activities that require changes in head position (such as bending over sink) or having head upside down (such as somersaults, hanging from feet)

Challenges to balance such as skating, bicycle riding, skiing and balance beams)

Climbing and descending stairs, slides, and ladders

Being up high such as at top of slide or on mountain overlook

Less stable ground surfaces such as deep pile carpet, grass, sand, snow

Riding in a car or other form of transportation

AUDITORY

Avoids Seeks Mixed Neutral

Hearing loud sounds such as car horns, alarms, sirens, loud music or TV

Being in noisy settings such as a crowded restaurant, party or busy store

Watching TV or listening to music at very high or very low volume

Speaking or being spoken to amid other sounds or other voices

Background noise when concentrating on a task (other voices, music, dishwasher, fan, etc.)

Games with rapid verbal instructions such as Simon Says or Hokey Pokey

Back and forth, interactive conversations

Unfamiliar sounds, silly voices, foreign language

Singing alone or with others

Making noise for its own sake

VISION

Avoids Seeks Mixed Neutral

Learning to read or looking at books for more than a few minutes

Looking at shiny, spinning or moving objects

Activities that require eye-hand coordination: baseball, catch, stringing beads, writing & tracing

Tasks requiring visual analysis such as puzzles, mazes, and hidden pictures

Activities that require discriminating between colors, shapes and sizes

Visually busy places such as stores and playgrounds with a lot of children running

Finding objects such as socks in a drawer or a particular book on a shelf

Very bright light or sunshine, or being photographed with a flash

Dim lighting, shade or the dark

Action-packed, colorful television, movies, or computer/video games

New visual experiences such as looking through a kaleidoscope or colored glass