

**Sensory Processing Disorders**

**Modulation Check List**

(How Much/How Often)



Mark how often and/or severely your child exhibits each of the following

symptoms on a scale of 0 (never) to 4 (always/severe). Feel free to mark

anything that has been overcome with a "P" to indicate it as a previous issue.

**General Modulation**

\_\_\_\_\_\_\_ has atypical eating habits (very picky, eats at odd times, etc.)

\_\_\_\_\_\_\_ has unusual sleeping habits or sleep schedule

\_\_\_\_\_\_\_ has a hard time falling asleep in unfamiliar environments

\_\_\_\_\_\_\_ distressed by switching from one activity to another

\_\_\_\_\_\_\_ becomes engrossed in one single activity for a long time and seems to tune out everything else

\_\_\_\_\_\_\_ very high or very low energy level

\_\_\_\_\_\_\_ very resistant to change in daily life and surrounding environment

\_\_\_\_\_\_\_ parents find they must always control the child's environment and “warn” people what to do

**Over-Responsiveness**

\_\_\_\_\_\_\_ hates the feel of certain fabrics or textures, especially with clothing

\_\_\_\_\_\_\_ bothered by clothes (tags, seams, ties, belts, turtlenecks)

\_\_\_\_\_\_\_ has a limited wardrobe; may have to wear shorts, skirts, or pants exclusively

\_\_\_\_\_\_\_ may wear the same clothes for extended periods of time

\_\_\_\_\_\_\_ may hate clothes enough to prefer going without whenever possible

\_\_\_\_\_\_\_ bothered by "light touch"; someone lightly touching/caressing hand, face, leg or back

\_\_\_\_\_\_\_ extremely ticklish

\_\_\_\_\_\_\_ doesn't like to be hugged, may arch back or pull away

\_\_\_\_\_\_\_ if not yet potty trained, distressed by diaper changes

\_\_\_\_\_\_\_ washes hands excessively (after touching certain objects or textures)

\_\_\_\_\_\_\_ hates brushing teeth, as the toothpaste may be too strong or 'spicy'

\_\_\_\_\_\_\_ dislikes the feeling of water, especially during baths, showers, or when getting splashed

\_\_\_\_\_\_\_ avoids touching certain textures, especially anything messy

\_\_\_\_\_\_\_ upset by having dirty hands or face

\_\_\_\_\_\_\_ may gag when eating foods with certain textures or flavors (has a very limited diet)

\_\_\_\_\_\_\_ difficult to get to try new foods or textures

\_\_\_\_\_\_\_ must touch object with one hand if the other hand already touched it; balances touch sensations

\_\_\_\_\_\_\_ distressed by certain everyday odors

\_\_\_\_\_\_\_ becomes upset or acts out when people come to the house or when in crowded places

\_\_\_\_\_\_\_ sensitive to noises that most children are not bothered by (microwaves, flushing toilets, fans)

\_\_\_\_\_\_\_ avoids certain types of toys (vibrating, rough texture, slippery/slimy, brightly colored)

\_\_\_\_\_\_\_ can't sleep if room isn't completely dark and/or quiet; wakes up at the slightest noise or light

\_\_\_\_\_\_\_ distressed by bright lights or the sun

\_\_\_\_\_\_\_ is often afraid of falling; has a fear of heights

\_\_\_\_\_\_\_ doesn't enjoy movement activities, sports, or playing on playground equipment

\_\_\_\_\_\_\_ gets motion sickness (from cars, planes, boats, amusement park rides, etc.)

\_\_\_\_\_\_\_ avoids crossing the midlines (moving arms/legs across the mid-section of body)

\_\_\_\_\_\_\_ gets dizzy very easily

\_\_\_\_\_\_\_ ears turn reddish when in a state of overload

\_\_\_\_\_\_\_ clenches fist and toes a lot

\_\_\_\_\_\_\_ difficulty with noise, activities, and light in classrooms

\_\_\_\_\_\_\_ gets overwhelmed, cries, or gets angry when over stimulated

**Under-Responsiveness**

\_\_\_\_\_\_\_ appears lethargic or lazy and unmotivated; low energy level

\_\_\_\_\_\_\_ overly calm and passive demeanor

\_\_\_\_\_\_\_ doesn't appear to respond to own name or a familiar voice

\_\_\_\_\_\_\_ doesn't respond to noises peers would notice

\_\_\_\_\_\_\_ if not potty trained, doesn't notice having a wet or dirty diaper

\_\_\_\_\_\_\_ doesn't notice need to go, is/was a late or difficult potty trainer

\_\_\_\_\_\_\_ doesn't seem to notice pain; doesn't notice or get upset by burns/shots/cuts/bruises

\_\_\_\_\_\_\_ doesn't seem to notice dangers in the environment (may walk out right in front of a car)

\_\_\_\_\_\_\_ won't catch self with hands when falling to protect self from getting hurt; lacks reflexes

\_\_\_\_\_\_\_ doesn't interact with peers or adults; is hard to engage, an observer and not a doer

\_\_\_\_\_\_\_ doesn't seem to notice if hands or face are dirty

\_\_\_\_\_\_\_ is the last to notice when a person enters the room

\_\_\_\_\_\_\_ difficult to get up in the morning or from a nap; sleeps a lot

**Sensory Seeking**

\_\_\_\_\_\_\_ very high energy level, hyperactive; often believed to have ADHD, whether it is true or not

\_\_\_\_\_\_\_ loves to touch and be touched, has to touch everything

\_\_\_\_\_\_\_ frequently tips chair on back two legs

\_\_\_\_\_\_\_ restless when sitting through a class or a movie

\_\_\_\_\_\_\_ has to fidget and "fiddle" with things all the time; pens, pencils, rubber band, *anything*

\_\_\_\_\_\_\_ is self-destructive (bangs head, pinches, hits, bites, or hurts self)

\_\_\_\_\_\_\_ thought to be a trouble maker, hitting, shoving, pushing, or knocking into other kids or adults

\_\_\_\_\_\_\_ frequently shakes leg

\_\_\_\_\_\_\_ always seems to engage in repetitive, non-purposeful play with a limited number of objects

\_\_\_\_\_\_\_ often touches and twists own hair or other's hair

\_\_\_\_\_\_\_ extremely attached to 'babyish' comfort objects; hard to calm down without them

\_\_\_\_\_\_\_ needs excessive movement (swinging, rocking, bouncing, or rocking self constantly)

\_\_\_\_\_\_\_ aside from the typical teething stage, always chewing on things (clothes, hands, fingers, etc.)

\_\_\_\_\_\_\_ prefers foods with very strong tastes and flavors

\_\_\_\_\_\_\_ cracks knuckles often

\_\_\_\_\_\_\_ loves crunchy foods (popcorn, carrots, chips, nuts, pretzels, etc.)

\_\_\_\_\_\_\_ stretches out clothing and fabric, trying to increase pressure on parts of the body

\_\_\_\_\_\_\_ needs heavy blankets or wear tight pajamas to fall asleep; likely to roll up in blankets

\_\_\_\_\_\_\_ needs consistent sound or white noise to stay asleep (fan, nature tape, music, etc.)

\_\_\_\_\_\_\_ needs a lot of sensory input to fall asleep (rocking, singing, bouncing, rubbing skin, etc.)

\_\_\_\_\_\_\_ identifies objects by smell, must smell everything, smells determine whether or not to like it.

\_\_\_\_\_\_\_ seeks out crashing and "squishing" activities; may jump onto or run into furniture

\_\_\_\_\_\_\_ is a thrill seeker; loves fast, dangerous sports (skateboarding, snowboarding, dirt biking, etc)

\_\_\_\_\_\_\_ seeks out fast, spinning, and/or upside-down carnival rides

**adapted from sensory-processing-disorder.com**