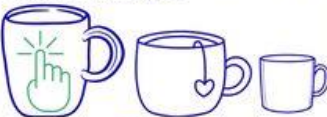


Sensory PROFILE

Child's Name: _____ Age: _____

Use this worksheet with your child or student. Circle the size cup they have for each sensory system.

Sensory Systems							
							
Tactile (Touch)	Vestibular (Movement)	Proprioception (Body Awareness)	Auditory (Sound)	Visual (Sight)	Olfactory (Smell)	Gustatory (Taste)	Interoception (Internal)

Input Amount Needed for Regulation			
Big cup: Seeks deep pressure, tight hugs, heavy blankets, and different textures. Small cup: Gets overwhelmed by clothing tags, certain fabric textures, etc.			
Tactile How you process physical touch, textures, and temperature.			
Big cup: Constantly spinning, jumping, seeking movement. Small cup: Gets dizzy or car sick easily, avoids playground equipment.			
Vestibular How you process movement and balance.			
Big cup: Loves crashing, jumping, tight squeezes. Small cup: Appears clumsy, unsure of how much force to use.			
Proprioceptive How you sense your body position in space.			
Big cup: Seeks loud environments, and makes lots of noise. Small cup: Covers ears, gets overwhelmed in noisy places.			
Auditory How you process different sounds and volumes.			
Big cup: Drawn to bright colors, moving objects, and busy environments. Small cup: Easily overwhelmed by bright lights, prefers dim spaces.			
Visual How you process what you see.			
Big cup: Seeks out strong smells, and notices subtle scents. Small cup: Sensitive to perfumes, food smells, strong scents, etc.			
Olfactory How you process different scents and smells.			
Big cup: Loves intense flavors, seeks crunchy or spicy foods. Small cup: Particular about food textures, prefers mild tastes.			
Gustatory How you process different tastes and textures.			
Big cup: Very aware of internal sensations, has a sensitive nervous system. Small cup: May not notice hunger or other body signals.			
Interoception How your child senses internal body signals (hunger, need to use bathroom).			