

Appendix A: Sensory Preference Checklist

Enabling Environments Sensory Preference Checklist

Please complete the questionnaire by making a tick to indicate how often the statements in each section apply to you. At the end of each section you can add anything else that you feel will be important to know about. There are no right or wrong answers. This questionnaire is about how you experience your sensory environment in general at school.

Never	0% of the time
Rarely	25% of the time
Sometimes	50% of the time
Often	75% of the time
Always	100% of the time

Auditory system - noises in your environment		Never	Rarely	Sometimes	Often	Always
1	I like to do things the same way					
2	I miss verbal instructions					
3	I work better when I listen to my music					
4	I get distracted by sounds in my environment					
5	I am bothered by the noise levels in assemblies, break times and lunch times					
6	I easily get a fright at loud and unexpected noises					
7	I struggle to keep a conversation going					
Anything else you would like to tell us?						

Visual system - everything you can see		Never	Rarely	Sometimes	Often	Always
8	I miss written instructions					
9	I struggle to keep myself organised					
10	I am bothered by bright overhead lights/sunlight in the classroom					
11	I enjoy being in places that are visually busy, e.g. dining hall					
12	I find it difficult to make eye contact					
13	I struggle to understand what someone is feeling just by looking at their face					
14	I become frustrated when I read, because letters move around or blur					
15	I am bothered and get distracted when there is movement/reflections of lights near me					
16	I can easily recognise patterns in things					
Anything else you would like to tell us?						

Tactile system - textures and touch experiences		Never	Rarely	Sometimes	Often	Always
17	I am bothered by certain textures of clothing / materials / objects / temperature					
18	When I read a story, I struggle to imagine what the characters might look like					
19	I don't notice when my hands or face are dirty					
20	I fidget with objects, e.g. pencils, paperclips					
21	I don't like it if my hands get dirty					
22	I dislike it when people touch me unexpectedly					
23	I like being alone					
24	I am unaware of temperature or pain					
25	I prefer to spend time on activities that don't involve people					
Anything else you would like to tell us?						

Vestibular system - movement experiences		Never	Rarely	Sometimes	Often	Always
26	I feel anxious in new situations					
27	I become dizzy easily and often lose my balance					
28	I like to move as much as possible and seek opportunities to do this					
29	I struggle to keep still and need to rock or fidget					
30	I have a fear of heights, lifts, escalators					
31	I get lost easily					
32	I prefer reading books on non-fiction subjects rather than fiction					

Anything else you would like to tell us?

Proprioceptive system - muscle movements		Never	Rarely	Sometimes	Often	Always
33	I struggle to understand sarcasm and hidden meanings					
34	I am clumsy and tend to bump into or drop things					
35	I like chewing on objects					
36	I don't like physical activities, for example I struggle to catch a ball					
37	I feel physically tired					
38	I move chairs roughly or open and close doors too hard					
39	I don't enjoy team sports					
40	I find it difficult to imagine what it would be like to be someone else					

Anything else you would like to tell us?

Taste/Smell systems - tastes & smells in your environment		Never	Rarely	Sometimes	Often	Always
41	I enjoy talking and find it difficult to let others speak					
42	I am bothered by smells that others don't notice					
43	I prefer to eat the same foods					
44	I particularly like crunchy or chewy foods					
45	I have often been told that what I say is impolite, even though I actually think it is polite					
46	I am bothered by and avoid certain food textures					
47	I don't enjoy social situations and find social gatherings difficult					
Anything else you would like to tell us?						

Self-awareness - your everyday emotions		Never	Rarely	Sometimes	Often	Always
48	I find it difficult to concentrate for the whole time in class					
49	I feel frustrated					
50	I find it difficult to manage unexpected changes to my day					
51	I feel confused					
52	I enjoy the challenge of solving problems					
53	I feel embarrassed					
54	I don't like conflict and tend to avoid it					
55	I feel nervous					
56	I struggle to ask for help					
57	I feel stressed					
58	I have headaches during school time					
59	I misunderstand what people say to me					
60	I prefer to be in control and know what to expect					
61	I struggle to deal with my emotions					
Anything else you would like to tell us?						

Now please complete the interpretation sheet

Please use some colours and highlight on the interpretation sheet all the areas where you selected **often** and **always** on your checklist.

- You will find that all the sentences from each **sensory system** on the checklist are written on the interpretation sheet in line with the corresponding sensory system. For example, everything under the auditory system on the checklist is written in line to the right hand side of the word 'auditory' on the checklist.
- The only section where this is different is the section on **self-awareness**. You will find the corresponding sentences from that section on the interpretation sheet under the headings **Thinking skills, Connecting skills** and **Communicating skills**. Sometimes the sentence might be a bit shorter on the interpretation sheet compared to the checklist.