



Sensory Checklist

VISUAL

Pointer	Evidence to look for	Current Situation	Possible action (if needed)
What is the light like in the classroom?	Flickering lights.		
	Light coming in through the window or blinds.		
	Light on shiny surfaces or objects.		
Is the classroom is neat and tidy?	Wall displays.		
	Different areas for different activities.		
	Is there a workstation to go to if I need some space?		

NOISE and SOUNDS



Pointer	Evidence to look for	Current Situation	Possible action (if needed)
Does equipment in the classroom make a lot of noise?	Humming from computer, project or television.		
	Hum from the lights.		
Is there anything in the classroom to help keep the noise levels low?	Carpet area in classroom.		
	Echo in the hall during assembly or lunchtime.		
	Noise in the corridors when changing classroom.		
Can you hear noise from outside the classroom?	Passing traffic.		
What can you do if there is too much noise in the classroom?	Quiet space to move to.		

Do you have a warning if there is going to be a loud noise?	Bells.		
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SMELL



Pointer	Evidence to look for	Current Situation	Possible action (if needed)
Can you smell anything in the classroom?	Art materials such as paint or glue.		
	Perfume or deodorant from people.		
	How other people smell.		
Can you smell anything when you are in the corridors or hall?	Toilets.		
	The smell of cooking/food from the hall.		

TOUCH and FEEL



Pointer	Evidence to look for	Current Situation	Possible action (if needed)
What does your school uniform feel like?	School uniform.		
	Changing school uniform, cutting off labels.		
How does your hand feel when writing?	Work typed or homework done in school.		
	Allowed to use an 'Alpha Smart' or laptop for written work.		
What do your chairs feel like?	Padding or cushions to make chairs more comfortable.		
	Pupils are allowed to sit on the carpet or carpet spots.		



	Height of tables and chairs is comfortable.		
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GENERAL SENSORY ISSUES



Pointer	Evidence to look for	Current Situation	Possible action (if needed)
What can you do if you need help with your senses?	Speak to teacher or C/A.		
How do you feel when you are changing classroom in a busy corridor?	Leave the classroom a little earlier or later to avoid the busy times.		
Do you like where you sit in the classroom?	Seating plan of the classroom.		
	Enough space at your seat.		
How do feel when you have to line up, break time/lunch time?	Allowed to go first or last in the queue.		

	Teacher or C/A can go with you in the queue.		
What can you do if you have too much information coming from your senses?	Break in learning time.		
	Time in the sensory room.		