

## Individual Sensory Audit: Early Years

Name:	
Age:	
Setting (if applicable):	
Audit completed by:	
Date	

*To be completed with parents/carers, and EYFS staff who know the child well. Tick the statements that apply and consider what actions may be required. Think about what the child likes/seeks out or dislikes/avoids.*

No.	Item	Yes	No	Don't know	Notes/Actions
<b>Signs of <u>over</u> responding to visual information</b>					
1.	Dislikes bright lights				
2.	Dislikes bright sunshine				
3.	Puts hands over eyes or closes eyes in bright light				
4.	Shows distress at the sight of moving objects or fast-paced images				
5.	Will only accept food presented on the plate in a certain way				
6.	Wakes up / struggles to sleep if room is not dark				
<b>Signs of <u>under</u> responding to visual information</b>					

7.	Is attracted to bright lights or reflections				
8.	Is fascinated by shiny objects and bright colours				
9.	Moves fingers/objects in front of eyes				
10.	Stares very intensely at objects				
11.	Likes to watch things that move or spin				
12.	Does not react to seeing self in the mirror				
13.	Does not react when meeting very familiar people (appearing not to recognise)				
<b>Signs of <u>over</u> responding to sounds</b>					
14.	Shows distress at loud sounds (traffic noise, washing machine, hand dryers, toilet flushing etc.)				
15.	Shows distress at loud noises by moving away, crying or holding hands over ears.				
16.	Seeks out (or seems calmer) in quiet spaces				
17.	Dislikes being taken to noisy and busy places (e.g. soft play gym)				
18.	Easily woken by everyday sounds when sleeping / napping				
<b>Signs of <u>under</u> responding to sounds</b>					
19.	Does not respond to voices or name being called.				
20.	Ignores / does not react to loud noises (e.g. doorbell, dog barking etc.)				

21.	Likes making noises with objects or by vocalising				
22.	Drawn to noisy toys or loud music				
<b>Signs of <u>over</u> responding to touch</b>					
23.	Shows distress when hands or face are dirty (with food, messy play etc.).				
24.	Shows distress when touching certain textures (e.g. walking on grass, sand etc.)				
25.	Becomes distressed with bathing and / or hair washing				
26.	Dislikes having nappy changed / feel of wet wipes				
27.	Resists being cuddled, holding hands etc.				
28.	Prefers to be naked (e.g. in nappy / underwear)				
29.	Struggled to tolerate different food textures when weaning				
30.	Bothered by sudden changes of temperature (e.g. coming out of warm bath)				
<b>Signs of <u>under</u> responding to touch</b>					
31.	Doesn't react to things that should be painful (e.g. bumps and falls)				
32.	Does not react when tapped or touched				
33.	Seeks out prolonged water play, splashing, messy play etc.				
34.	Enjoys touching certain materials (e.g. fluffy toys, soft blanket)				

35.	Likes to hold something in their hand much of the time				
36.	Responds very positively to / requests tickle games				
<b>Signs <u>over</u> responding to movement</b>					
37.	Becomes upset during rough and tumble play (e.g. if lifted up high or swung around)				
38.	Prefers to play lying flat on the floor				
39.	Avoids ride-on toys that move unpredictably				
40.	Becomes upset if placed in/on a swing, roundabout (or other types of moving play equipment)				
41.	Becomes upset if laid on back for nappy changes				
42.	Becomes distressed if travelling in a car (may have found travelling backwards difficult when younger)				
43.	Excessively fearful of standing (or standing unsupported) when first learning to walk				
<b>Signs of <u>under</u> responding to movement</b>					
44.	Craves physical activity (e.g. being bounced, swung up high etc.)				
45.	Needed a lot of rocking, bouncing etc. to fall asleep as an infant				
46.	Relaxes / falls asleep with rides in the car or buggy				

47.	Falls frequently in relation to same age children				
48.	Fidgets or squirms when sitting down				
49.	Appears in constant motion (running, climbing etc, or kicking legs, bouncing on bottom waving arms etc. if not yet walking)				
50.	Becomes distressed if having to stay seated at mealtimes (e.g. prefers to graze whilst on the go)				
<b>Signs of differences processing proprioception (joints and muscles)</b>					
51.	Driven to seek out active play such as rough and tumble interaction, climbing, and jumping				
52.	Enjoys throwing self onto bed, bean bags, sofa cushions etc.				
53.	Likes to lie under heavy objects or squeeze into tight spaces				
54.	Hugs very tightly				
55.	Bites down on hard objects				
56.	Needs to be in contact with a firm surface, tucked in tightly or have physical contact with a parent in order to fall asleep				
57.	Appears clumsy and bumps into objects and people				
58.	Bottom shuffled, rather than crawled				
<b>Signs of differences processing taste and texture</b>					
59.	Limited or unusual diet				
60.	Very resistant to trying new foods				

61.	Eats materials which are not edible				
62.	Struggled to move on from pureed foods after weaning				
<b>Signs of differences processing internal sensation</b>					
63.	Does not seem to register when full after eating				
64.	Drinks (or requests drinks) excessively				
65.	Does not appear to feel hungry or thirsty				
66.	Does not seem to notice when passing urine or opening bowels				
67.	Does not appear to notice when unwell				
<b>Planning and Ideas</b>					
68.	Needs to be shown <i>how</i> to play different pretend play scenarios (e.g. in play kitchen)				
69.	Needs to be physically guided through unfamiliar movement (e.g. if attempting to get on a new ride-on toy)				
70.	Repeats the same play activities (again and again all day) unless actively prompted to try something new				

	<b>Over (hype)</b>	<b>Under (hypo)</b>
Visual	/6	/7
Sound	/5	/4
Touch	/8	/6
Movement	/7	/7

	<b>Differences in processing</b>
Proprioception	/8
Taste and texture	/4
Internal sensation	/5
Planning and Idea	/3

**Sensory Motivators:**

*What does the child enjoy? What do they find calming? Do they enjoy sensory play?*

**Sensory Triggers:**

*What can't the child tolerate? Which sensations trigger undesired behaviours?*

**Now please use the Sensory Passport Planning Tool to help you develop a sensory passport.**