

# Sensory Profile & Plan

## A neuroaffirming map of how your senses work — what's hard, what helps

A map of how your senses work across daily life and in therapy — what you're sensitive to, and what helps you feel settled. There are no right answers: tick what fits, add your own on the **Other** lines, and use the notes to make it yours. It can change over time.

Name / Date: \_\_\_\_\_

### SOUND (Hearing)

#### Sounds I'm sensitive to or dislike:

- ☐ Loud or sudden noises (doors slamming, alarms)
- ☐ Background noise or chatter (talking, air-con, traffic)
- ☐ High-pitched tones, humming, or buzzing sounds
- ☐ Chewing or mouth noises
- ☐ Music or TV in the background when concentrating
- ☐ Echoey or busy spaces
- ☐ Other: \_\_\_\_\_

#### Sounds I like or find regulating:

- ☐ Quiet or calm environments
- ☐ Gentle or rhythmic sounds (rain, tapping, drumming)
- ☐ Music that matches my mood (type: \_\_\_\_\_)
- ☐ White noise, fans, or nature sounds
- ☐ Low or steady voices
- ☐ Other: \_\_\_\_\_

Notes:

### SIGHT (Vision)

#### Visual things I'm sensitive to or dislike:

- ☐ Bright, flashing, or flickering lights
- ☐ Strong fluorescent lighting
- ☐ Busy or cluttered spaces
- ☐ Fast movement or visual distractions
- ☐ Certain colours or contrasts that feel harsh
- ☐ Other: \_\_\_\_\_

#### Visual things I like or find calming:

- ☐ Natural light or dim lighting
- ☐ Soft, warm colours
- ☐ Watching nature (e.g., trees, waves, fire)
- ☐ Simple, organised, or symmetrical spaces
- ☐ Visual focus activities (drawing, colouring, candles)
- ☐ Other: \_\_\_\_\_

Notes:

## TOUCH (Tactile)

### Textures or touch I'm sensitive to or dislike:

- ☐ Certain fabrics or clothing tags
- ☐ Light or unexpected touch
- ☐ Sticky or greasy sensations
- ☐ Some grooming sensations (haircuts, lotion, washing)
- ☐ Tight or restrictive clothing
- ☐ Other: \_\_\_\_\_

Notes:

### Touch or textures I like or find soothing:

- ☐ Deep pressure (weighted blanket, firm hug)
- ☐ Soft or smooth materials (fleece, satin, plush)
- ☐ Fidget items or textured tools
- ☐ Movement-based touch (stretching, petting animals, massage)
- ☐ Other: \_\_\_\_\_

## SMELL (Olfactory)

### Smells I'm sensitive to or dislike:

- ☐ Perfume, deodorant, or body sprays
- ☐ Cleaning products or air fresheners
- ☐ Cooking smells or smoke
- ☐ Strong food odours (fish, onion, spices)
- ☐ Other: \_\_\_\_\_

Notes:

### Smells I like or find calming:

- ☐ Natural scents (grass, rain, flowers)
- ☐ Gentle essential oils (lavender, citrus, peppermint)
- ☐ Familiar smells (coffee, vanilla, freshly washed clothes)
- ☐ Other: \_\_\_\_\_

## TASTE (Gustatory)

### Tastes or textures I dislike or find difficult:

- ☐ Mushy or mixed textures
- ☐ Strong or spicy flavours
- ☐ Hot or cold extremes
- ☐ Unexpected textures or combinations
- ☐ Other: \_\_\_\_\_

Notes:

### Tastes or foods I enjoy or find regulating:

- ☐ Crunchy or crispy foods
- ☐ Smooth or plain foods
- ☐ Mild or predictable flavours
- ☐ Comfort foods (examples: \_\_\_\_\_)
- ☐ Chewing gum or mints for focus
- ☐ Other: \_\_\_\_\_

## MOVEMENT (Vestibular / Balance)

### Movements I dislike or find overwhelming:

- ☐ Fast spinning or sudden motion
- ☐ Crowded or unstable spaces
- ☐ Being still for long periods
- ☐ Travel motion (cars, buses, planes)
- ☐ Other: \_\_\_\_\_

### Movements I like or find grounding:

- ☐ Rocking, swaying, or gentle repetitive movement
- ☐ Stretching, yoga, or walking
- ☐ Dancing or rhythmic activities
- ☐ Having the option to move or fidget during the day
- ☐ Other: \_\_\_\_\_

Notes:

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## BODY FEEDBACK (Proprioception)

### Body sensations I dislike or struggle with:

- ☐ Feeling off balance or uncoordinated
- ☐ Light, unpredictable touch
- ☐ Being confined or restricted
- ☐ Not realising how much pressure or force I'm using
- ☐ Other: \_\_\_\_\_

### Body sensations I like or find regulating:

- ☐ Pushing, pulling, or lifting (heavy work)
- ☐ Tight hugs or weighted items
- ☐ Stretching or exercise
- ☐ Squeezing or fidgeting objects
- ☐ Deep breathing or grounding posture
- ☐ Other: \_\_\_\_\_

Notes:

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## INTERNAL SENSATIONS (Interoception)

### Internal sensations I find difficult or confusing:

- ☐ I don't always notice when I'm hungry, thirsty, or tired
- ☐ Physical sensations change quickly or unpredictably
- ☐ I notice internal feelings too strongly (heartbeat, nausea, tension)
- ☐ Body sensations sometimes make me anxious
- ☐ Other: \_\_\_\_\_

### Internal sensations I like or find helpful:

- ☐ Warmth (blankets, heat packs, drinks)
- ☐ Coolness (fresh air, cold water)
- ☐ Slow breathing or steady heartbeat awareness
- ☐ Gentle movement or noticing one body area at a time
- ☐ Other: \_\_\_\_\_

Notes:

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## MY SENSORY COMFORT ZONE

### When I'm overwhelmed, I usually:

- ☐ Withdraw or shut down
- ☐ Get restless or fidgety
- ☐ Try to appear calm or mask
- ☐ Seek strong sensory input (movement, sound, pressure)
- ☐ Other: \_\_\_\_\_

### Things that help me recover or feel calm:

- ☐ Taking a break or moving around
- ☐ Lowering lights or noise
- ☐ Having something familiar or comforting nearby
- ☐ Using a fidget or sensory tool
- ☐ Listening to music or nature sounds
- ☐ Breathing or grounding exercises
- ☐ Other: \_\_\_\_\_

Notes:

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## IN THERAPY SESSIONS

### Things that make therapy uncomfortable for me:

- ☐ Bright lights or strong smells in the room
- ☐ Too much eye contact or silence
- ☐ Being asked to visualise things I can't picture
- ☐ Feeling rushed or interrupted
- ☐ Not having breaks when needed
- ☐ Other: \_\_\_\_\_

### Things that help therapy feel safer and easier:

- ☐ Adjusting light, sound, or temperature
- ☐ Being able to move, fidget, or stim
- ☐ Clear and literal communication
- ☐ Written prompts or visuals
- ☐ Gentle pacing and check-ins
- ☐ Sensory tools available (weighted item, textured object, headphones)
- ☐ Other: \_\_\_\_\_

### Notes:

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