

SENSORY PROFILE

We each have unique sensory needs and preferences. Some sensory experiences are overstimulating or distressing, while others are enjoyable or calming. In this worksheet, you'll find six categories of senses: visual, sound, touch, taste, smell, and movement. Fill in each as best you can. If you're unsure, you might bring more attention to that sense as you go about your day, and then add information as you become aware. It can be helpful to share this with others who can offer understanding and support.



VISUAL PREFERENCES

Favorite colors:

Preferred lighting:

Enjoyed visual stimuli (e.g., nature, art):

Overstimulating visual stimuli:



SOUND PREFERENCES

Favorite music genres or artists:

Comfortable noise level:

Calming sounds:

Overstimulating sounds:

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TOUCH PREFERENCES

Preferred fabrics/materials:

Comfort clothing:

Physical touch preferences (e.g, pressure, soft):

Overstimulating textures or touch:



SMELL PREFERENCES

Favorite scents:

Calming scents:

Preferred smell levels:

Overstimulating smells:

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TASTE PREFERENCES

Favorite flavors:

Preferred snacks or meals:

Enjoyable food textures:

Overstimulating food flavors and textures:



MOVEMENT PREFERENCES

Preferred physical activities:

Relaxing activities:

Movements that relieve distress:

Overstimulating movements (e.g, spinning, riding in car):

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OVERALL SENSORY COMFORT

Environments which are most comfortable:

Calming sensory experiences:

Safe and comforting people and/or animals:

Comfort items:

Environments and experiences to avoid:

Strategies to prevent sensory overload:

Strategies to cope with sensory overload:
