



Checklist for Sensory Processing Difficulties

What are some of the signs of Sensory Processing Difficulties?

- Fear of loud noises and often overacts to unexpected sound. The child may cover their ears or hide under the desk
- Hypersensitivity to smells or tastes
- Overreaction to touch and the child will often struggle to stand in lines or in crowded areas like assembly or the cafeteria.
- Have meltdowns when expected to do messy tasks like finger painting during art lessons.
- Craves movement activities and appears constantly 'on the go'
- Impulsivity and dangerous behaviours especially on the playground
- Short attention span and is easily distracted.
- Difficulty with change in routine
- Has difficulty with fine motor skills like cutting, tracing, colouring in, handwriting, etc
- Has difficulty with gross motor skills like climbing, ball skills, balance, learning how to ride a bike, etc
- Poor visual perceptual skills like reversals of letters/numbers, poor tracking, building puzzles, etc.
- Poor directional concepts like understanding left/right, up, down, etc.