SENSORYLAND'S
Sensory Questionnaire

Instructions

Check the circle that best describes how often your child shows each behavior. Totals within each category may help highlight sensory areas that may be more challenging or noticeable for your child.

Important Things to Know

- This questionnaire is an informal screening tool designed to gather parent observations. It is not a standardized or diagnostic assessment.
- The purpose of this tool is to support understanding, not to label or diagnose.
- Results reflect your observations at one point in time. Children's behaviors can change based on age, stress, routines, and environment.
- Responses may look different at home compared to school or other settings.
- Use the results to help guide next steps or conversations with teachers, therapists, or other professionals if questions or concerns arise.

Interpretation

This questionnaire is designed to help you notice patterns in your child's sensory experiences, emotional regulation, and behavior at home. There is no "good" or "bad" score. Every child responds differently to their world.

- A higher number of "Rarely" responses suggests these behaviors are not common for your child.

- A mix of "Sometimes" and "Often" responses may highlight situations or areas where your child experiences more difficulty or needs additional support.

- Patterns across specific categories (such as sound, touch, emotional regulation, or behavior) can be especially helpful when thinking about what environments or strategies work best for your child

How to Use These Results

You may consider sharing this information with a teacher, therapist, or healthcare provider if:

- Behaviors marked "Often" interfere with daily activities, learning, or family routines.
- You notice challenges across multiple categories.
- You have ongoing concerns or questions about your child's development or well-being.

Sound	Rarely	Sometimes	Often
Is bothered by loud or unexpected noises	O	O	O
Notices noises that others don't notice (e.g. humming of the fridge)	O	O	O
Becomes upset by background noise (TV, fans, talking)	O	O	O
Dislikes noisy places (stores, parties, playgrounds)	O	O	O
Total	/4	/4	/4

Touch	Rarely	Sometimes	Often
Dislikes or seems bothered by certain clothing textures, seams, or tags	O	O	O
Avoids messy play (sand, paint, food on hands)	O	O	O
Becomes upset when touched unexpectedly	O	O	O
Reacts strongly to grooming (hair brushing, nail cutting)	O	O	O
Total	/4	/4	/4

Taste & Smell	Rarely	Sometimes	Often
Is very picky about food textures or flavors	O	O	O
Reacts strongly to smells others don't notice	O	O	O
Gags or refuses foods because of smell or texture	O	O	O
Seeks strong flavors (very crunchy, spicy, or sour)	O	O	O
Total	/4	/4	/4

Vision	Rarely	Sometimes	Often
Is sensitive to bright lights	O	O	O
Becomes overwhelmed in visually busy places	O	O	O
Has difficulty finding items in cluttered spaces	O	O	O
Is distracted by movement or visual activity around them	O	O	O
Total	/4	/4	/4

Movement/Body Awareness	Rarely	Sometimes	Often
Seeks excessive movement (jumping, spinning, running)	O	O	O
Uses too much or too little force during activities	O	O	O
Crashes into objects or people on purpose	O	O	O
Seeks deep pressure (tight hugs, squeezing, heavy blankets)	O	O	O
Total	/4	/4	/4

Emotional Regulation	Rarely	Sometimes	Often
Has difficulty calming down when upset	O	O	O
Reacts strongly to small problems	O	O	O
Takes a long time to recover after big emotions	O	O	O
Has trouble expressing feelings with words	O	O	O
Becomes easily frustrated or overwhelmed	O	O	O
Total	/5	/5	/5

Behavior	Rarely	Sometimes	Often
Has difficulty following directions	O	O	O
Has frequent meltdowns or emotional outbursts	O	O	O
Avoids tasks that feel challenging	O	O	O
Becomes aggressive (hitting, throwing, yelling)	O	O	O
Withdraws or shuts down when upset	O	O	O
Struggles to cope when expectations change	O	O	O
Has difficulty with transitions or changes	O	O	O
Total	/7	/7	/7

End of Screener Questions