

# Sensory Motor Checklist

Directions:

Mark the items that you use to increase (↑) or to decrease (↓) your alertness. You might mark both (↑↓) on some items. Others you might not use at all.

## Put Something in Your Mouth (Oral Motor Input):

- Drink a milkshake
- Chew gum
- Suck on hard candy
- Crunch on nuts/pretzels/chips
- Crunch or suck on ice pieces
- Bite on nails/cuticle
- Tongue in cheek movements
- Eat popcorn/Cut up vegetable
- Chew on pencil/pen
- Eat chips and a spicy dip
- Chew on coffee swizzle sticks
- Take slow deep breaths
- Chew on buttons/sweatshirt strings
- Drink a carbonated drink
- Whistle while you work
- Eat a cold popsicle
- Drink coffee/tea
- Eat a pickle
- Drink hot cocoa or warm milk
- Suck, lick, bite on your lips or the inside of your cheeks
- Other:

## Move (Vestibular & Proprioceptive Input):

- Rock in a rocking chair
- Stretch/shake body parts
- Shift or "squirm" in a chair
- Run/jog
- Push chair back on 2 legs
- Ride bike
- Aerobic exercise
- Tap toe, heel or foot
- Isometrics/lift weights
- Dance
- Rock own body slightly
- Tap pencil/pen
- Scrub/clean
- Yard work
- Roll neck and head slowly
- Sit with crossed legs and bounce one slightly
- Other:

## Touch (Tactile Input):

- Twist own hair
- Move keys or coins in pocket with your hand

- Cool shower
- Warm bath
- Receive a massage
- Pet a dog or cat
- Drum fingers or pencil on a table
- Rub gently on skin or clothes
- Put fingers near mouth, eye or nose
- Other:

Fidget with the following:

- A straw
- Paperclips
- Cuticle/nails
- Pencil/Pen
- Jewelry
- Other:

### **Look (Visual Input):**

- Open window
- Watch a fire in a fireplace
- Watch a fish tank
- Watch sunset/sunrise
- Watch "oil and Water" toys
- Other:

How do you react to:

- A rose colored room
- Dim lighting
- Fluorescent lighting
- Sunlight through bedroom window while sleeping
- A cluttered desk or room when needing to concentrate
- Other:

### **Listen: (Auditory Input):**

- Listen to classical music
- Listen to Hard Rock
- Listen to other "hum"
- Work in "quiet room"
- Work in "noisy room"
- Nature
- Sing or talk to self
- Other:

How do you react to:

- Scratch on a chalkboard
- Squeak of a mechanical pencil
- Fire siren
- Waking to an unusual noise
- Trying to sleep with noise outside
- Dog barking (almost constantly)
- Other:

### **Smell: (Olfactory Input):**

- Citrus
- Lavendar
- Spicey

- Frankensense
- Bread and or Baked Goods
- Rosemary
- Mint
- Rose

Adapted from: Take Five: Staying Alert at Home and School, Therapy Works, Inc., [www.alertprogram.com](http://www.alertprogram.com), 2001.  
[http://www.uwgb.edu/outreach/socialwork/assets/pdf/rauma2015/8\\_AdultPreferenceSensoryMotorChecklist.pdf](http://www.uwgb.edu/outreach/socialwork/assets/pdf/rauma2015/8_AdultPreferenceSensoryMotorChecklist.pdf)