



Identifying Sensory Preferences

Clothing Preferences

Select all that apply.

I prefer to wear:

- dark colors
- bright colors
- light colors/pastels
- no preference

I prefer to wear:

- short socks (ankle socks)
- tall socks
- no socks
- no preference

I prefer to wear:

- solids
- prints
- no preference

I prefer to wear:

- two or more layers of clothing
- single layers of clothing
- no preference

I prefer to wear:

- tight clothing
- loose clothing
- no preference

I prefer to wear:

- soft textured clothes
- silky textured clothes
- structured clothes, such as button-down shirts
- breathable fabrics, like linen
- loose athletic clothing, like gym shorts
- tight athletic clothing, like leggings
- no texture/fabric preference

I prefer to wear:

- long sleeves
- long pants
- short sleeves
- short pants
- no preference

I prefer to wear:

- boxer shorts
- briefs/panties
- boxer briefs/boy shorts
- regular bra
- sports bra
- no bra
- a variety of undergarments
- no undergarments

I prefer to wear:

- closed toe shoes (tennis shoes/loafers)
- dress shoes or heels
- slip on shoes
- shoes with laces
- sandals
- no shoes
- no preference

Comments or other clothing preferences:

Environment Preferences

Select all that apply.

I prefer to be:

- inside/indoors
- outside/outdoors
- no preference

I prefer to be:

- in a warm place
- in a cool place
- in a neutral temperature
- no preference

I prefer:

- large, open spaces
- small, confined spaces
- no preference

I prefer to be in a:

- quiet place
- place with background noises
- place with lots of noise and activity
- no preference

I prefer:

- natural lighting
- bright lighting
- low level lighting
- no preference

I prefer to have:

- everything spread out and visible
- everything tucked away, out of sight
- no preference

I prefer décor that is:

- neutral, with muted colors
- bright, with bold colors
- solid colors
- patterns
- no preference

Comments or other environment preferences:

Food/Taste/Oral Input Preferences

Select all that apply.

I prefer flavors that are:

- bland
- salty
- sweet
- sour
- spicy
- other: _____
- no preference

I prefer textures that are:

- chewy (like gum)
- crunchy (like chips)
- soft (like bread)
- crisp (like raw vegetables)
- hard (like suckers)
- no preference

I prefer food temperatures that are:

- hot
- cold
- neutral
- no preference

I prefer to drink:

- ice cold drinks
- hot drinks
- room temperature drinks
- no preference

I prefer to drink:

- water
- sweet flavors (like iced tea)
- bitter flavors (like black coffee)
- carbonated beverages (like soda)
- caffeinated drinks (like coffee)
- no preference

I prefer to drink:

- through a straw
- from an open cup
- from a squeeze sports bottle
- from a drink bottle or can
- from a spouted lid (like a sippee cup)
- through a bite valve (Camelbak)
- no preference

I enjoy:

- singing
- whistling
- humming
- making noises with my mouth
- none of the above

I enjoy chewing/mouthing non-food objects:

- pens or pencils
- straws or coffee swizzle sticks
- lips, tongue, or inside of cheeks
- nails or cuticles
- buttons or collars
- sweatshirt strings
- other: _____
- none of the above

I often:

- smoke
- clench my jaw
- bite my tongue
- take deep breaths
- chew gum
- none of the above

Comments or other food/taste/oral input preferences:

Touch Preferences

Select all that apply.

I like to touch others:

- constantly
- never
- when I'm in the mood
- no preference

I like to touch others:

- lightly
- firmly
- with fingertips
- with whole hand
- with whole body
- not at all
- no preference

I like others to touch me:

- lightly
- firmly
- with fingertips
- with whole hand
- with whole body
- not at all
- no preference

I prefer to take a:

- cool shower
- warm shower
- hot shower
- cool bath
- warm bath
- hot bath
- I dislike bathing/showering
- no preference

I enjoy:

- holding hands
- hugs
- massages
- being tickled
- playing with someone's hair
- having my hair played with
- kisses
- firm caresses
- gentle caresses
- none of the above

I enjoy:

- drumming with my fingers or pen/pencil
- picking at my skin
- rubbing objects
- squeezing objects
- caressing objects lightly
- fidgeting with objects

I like to fidget with things that are:

- resistive (like a stress ball)
- moveable (like jewelry)
- firm and smooth (like a worry stone)
- firm and textured (like a coin)
- soft (like fur or minky material)
- stretchy (like putty)
- repetitive (like clicking a pen)
- other: _____
- I don't really fidget

Comments or other touch preferences:

Movement Preferences

Select all that apply.

I prefer:

- being sedentary more than active
- being active more than sedentary
- a balance of sedentary and active
- moving frequently throughout the day
- moving intensely for a brief part of day (such as during a workout)
- no preference

I prefer to move:

- fast; everyone else goes too slow
- slow; people can be so pushy
- somewhere in between
- it depends on my mood
- no preference

I enjoy:

- yoga/pilates
- weight lifting/weight machines
- scrubbing a floor or other deep cleaning chores
- doing yard work or gardening
- stretching
- none of the above

I enjoy:

- running/jogging
- walking
- hiking
- biking
- climbing
- swinging
- rocking
- dancing
- spinning
- amusement park rides
- none of the above

I often:

- doodle, fidget, or do chores when watching TV or listening
- shift or "squirm" in a chair when sitting
- tap my foot
- cross my legs and bounce my top leg
- sit on my feet
- push chair back on two legs
- roll or pop my neck/back

Comments or other movement preferences:

Visual Preferences

Select all that apply.

I enjoy looking at/watching:

- | | |
|--|--|
| <input type="checkbox"/> nature scenes | <input type="checkbox"/> lava lamps |
| <input type="checkbox"/> people | <input type="checkbox"/> stars/night sky |
| <input type="checkbox"/> animals | <input type="checkbox"/> clouds |
| <input type="checkbox"/> a fire | <input type="checkbox"/> art, such as at an art museum |
| <input type="checkbox"/> a fish tank | <input type="checkbox"/> fast moving TV/movie scenes |
| <input type="checkbox"/> a sunset or sunrise | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> moving objects, such as a fan | <input type="checkbox"/> none of the above |
| <input type="checkbox"/> "oil and water" toys | |

Comments or other visual preferences:

Auditory Preferences

Select all that apply.

I enjoy listening to/hearing:

- | | |
|---|---|
| <input type="checkbox"/> classical music | <input type="checkbox"/> vacuum cleaner |
| <input type="checkbox"/> heavy metal | <input type="checkbox"/> a fan |
| <input type="checkbox"/> hard rock | <input type="checkbox"/> white noise app or machine |
| <input type="checkbox"/> relaxation music | <input type="checkbox"/> people talking in the background,
like at a coffee shop |
| <input type="checkbox"/> pop music | <input type="checkbox"/> ticking clock |
| <input type="checkbox"/> country music | <input type="checkbox"/> road noise while riding in a car |
| <input type="checkbox"/> news/talk radio | <input type="checkbox"/> airplane engines |
| <input type="checkbox"/> podcasts | <input type="checkbox"/> rain |
| <input type="checkbox"/> animals (meowing, barking, etc.) | <input type="checkbox"/> flowing water, such as a stream |
| <input type="checkbox"/> lawn mowers/equipment | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> heavy machinery/trucks | <input type="checkbox"/> none of the above |
| <input type="checkbox"/> saws or other shop equipment | |

Comments or other auditory preferences:

Smell Preferences

Select all that apply.

I enjoy the smell of:

- | | |
|--|--|
| <input type="checkbox"/> perfumes and colognes | <input type="checkbox"/> laundry detergent |
| <input type="checkbox"/> floral scents | <input type="checkbox"/> soap |
| <input type="checkbox"/> fruity scents | <input type="checkbox"/> earth/grass |
| <input type="checkbox"/> beachy scents | <input type="checkbox"/> food cooking/baking |
| <input type="checkbox"/> woody scents | <input type="checkbox"/> none of the above |
| <input type="checkbox"/> citrus scents | <input type="checkbox"/> no preference |

Comments or other smell preferences:
