

Parent Sensory Tools Survey



Hearing



Seeing



Touching



Moving



Smelling



Muscles



Mouth

Complete with all of these categories in mind

1. To help me wake up in the morning, I usually need to
(take a cold shower, drink hot coffee, take a brisk walk)

2. When I prepare for bed or to calm myself, I prefer to
(eat a snack, turn the lights down, listen to music or TV, snuggle under a blanket)

3. What I like about my home is
(cozy or open spaces, large windows, soft or firm furniture, scents of candles or potpourri)

4. When I am frustrated or upset, it helps to
(go to the gym, take a walk, sit on the porch, listen to music, go to my room and close the door, take a bath, curl up and read a book, call a friend)



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5. When I need to read or study, I prefer to
(sit at a table, lounge on the couch, use a rocking chair)

6. When I need to concentrate, the environment I create includes
(quiet or music, food and/or drink, bright or dim light, solitude or others around)

7. When I need to listen at the meeting, I usually find myself
(doodling, playing with small objects like paper clips or pens, chewing on pencils, pens or straws,
snacking, drinking coffee or soda)

**You may also find it very helpful to speak with your child
and other family members about these situations.
How similar or different are your sensory needs?**