

# SENSORY CALMING CHECKLIST FOR CHILDREN

## VISUAL

- Bright Lights
- Flashing Lights
- Busy Visuals
- Cluttered Environment
- Calming Visuals Available (e.g., calming pictures, dim lighting)

## AUDITORY

- Loud Noises
- Sudden Noises
- Background Noise
- Calming Sounds Available (e.g., white noise, soft music)

## TACTILE

- Scratchy Clothing
- Tight Clothing
- Overly Soft or Hard Surfaces
- Preferred Texture Available (e.g., fidget toys, soft blankets)

## MOVEMENT

- Fast Movements
- Crowded Spaces
- Sudden Changes in Movement
- Calming Movement Options Available (e.g., rocking chair, swing)

## TASTE/SMELL

- Strong Smells
- Unfamiliar Tastes
- Preferred Smells or Tastes Available (e.g., calming scents, favourite snacks)

## EMOTIONAL STATE

- Anxiety
- Overwhelmed
- Frustration
- Calming Strategies Identified (e.g., deep breathing, visual countdown)

## ADDITIONAL NOTES:

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