

My Sensory Preferences

MY NAME: Matthew

DATE: 2/11/12

SENSORY AREA	What calms or soothes me	What alerts / energises me	What aggravates or distresses me
Visual		Television	
Sound / Hearing	Music		
Touching / Being touched	Massage		Wrist weights
Smelling	Mandarin Oil		
Tasting		Chewing gum	
Movement / Pressure	Stress ball		

Examples to assist exploration in each area:

1. VISUAL: Photos, TV / DVD, painting, drawing, reading, crafts, colours, nature, light / darkness, computer games
2. HEARING: TV, radio, CDs, nature sounds, silence, background noise, music, singing, talking books, volume, tone, accents
3. TOUCH: Firm or light touch on skin, massage, clothing, temperature, shower / bath, pets, handcrafts, sand, clay, textures
4. SMELLING: perfumes, essential oils, incense, herbal teas, nature smells such as scented plants, rainforest, mown grass
5. TASTING: Food, sweet / sour / salty, texture, cold / hot, lollies, milky
6. PRESSURE and MOVEMENT: Walking, jogging, running, sport, skipping, deep pressure massage, swinging, rocking in a hammock / rocking chair, dancing, using stress ball, lifting weights, yoga, zumba