

SENSORY-MOTOR PREFERENCE CHECKLIST (FOR ADULTS)

DIRECTIONS: This checklist was developed to help adults recognize what strategies their own nervous systems employ to attain an appropriate state of alertness. Mark the items below that you use to increase (↑) or to decrease (↓) your state of alertness. You might mark both (↑↓) on some items. Others you might not use at all.

SOMETHING IN YOUR MOUTH (ORAL MOTOR INPUT):

- ☐ drink a milkshake
- ☐ suck on hard candy
- ☐ crunch or suck on ice pieces
- ☐ tongue in cheek movements
- ☐ "chew" on pencil / pen
- ☐ chew on coffee swizzle sticks
- ☐ take slow deep breaths
- ☐ suck, lick, bite on your lips or the inside of your cheeks
- ☐ drink carbonated drink
- ☐ eat a cold popsicle
- ☐ eat a pickle
- ☐ chew gum
- ☐ crunch on nuts / pretzels / chips
- ☐ bite on nails / cuticle
- ☐ eat popcorn / cut up vegetables
- ☐ eat chips and a spicy dip
- ☐ smoke cigarettes
- ☐ chew on buttons, sweatshirt strings or collars
- ☐ whistle while you work
- ☐ drink coffee / tea (caffeinated)
- ☐ drink hot cocoa or warm milk
- ☐ other:

MOVE (VESTIBULAR INPUT):

- ☐ "doodle" while listening
- ☐ rock in a rocking chair
- ☐ shift or "squirm" in a chair
- ☐ push chair back on 2 legs
- ☐ aerobic exercise
- ☐ isometrics / lift weights
- ☐ rock own body slightly
- ☐ scrub kitchen floor
- ☐ roll neck and head slowly
- ☐ sit with crossed legs and bounce one slightly
- ☐ run/ jog
- ☐ ride bike
- ☐ tap toe, heel or foot
- ☐ dance
- ☐ tap pencil / pen
- ☐ yard work
- ☐ stretch / shake body parts
- ☐ 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 table
- ☐ rub gently on skin / clothes
- ☐ * Fidget with the following:
 - ☐ a straw
 - ☐ paper clips
 - ☐ cuticle / nails
 - ☐ pencil/ pen
 - ☐ earring or necklace
 - ☐ phone cord while talking
 - ☐ put fingers near mouth, eye, or nose
 - ☐ other:

LOOK (VISUAL INPUT):

- ☐ open window shades after a boring movie in a classroom
- ☐ watch a fireplace
- ☐ watch fish tank
- ☐ watch sunset / sunrise
- ☐ watch "oil and water" toys
- ☐ * How do you react to:
 - ☐ dim lighting
 - ☐ fluorescent lighting
 - ☐ sunlight through bedroom window when sleeping
 - ☐ rose colored room
 - ☐ a "cluttered desk" when needing to concentrate

CHANGING HOW ALERT YOU FEEL

1. PUT SOMETHING IN YOUR MOUTH:

- eat hard candy (sugarless if you want)
- eat crunchy food: pretzels, popcorn, nuts, apples
- eat chewy food: gum (1 or more pieces), raisins, bagels, chunks of cheese
- eat sour food: pickles, sour candy
- eat sweet food: fruit or candy
- drink from a straw: use an "exercise bottle" to drink liquids such as a milkshake, a "Slurpie" (partially thaw a frozen drink), or other drinks
- try a combination such as trail mix (crunchy, chewy, sweet), Starburst (chewy, sweet, and tart), or chips dipped into salsa (crunchy and spicy)
- use green rubber tubing
- take slow deep breaths

2. MOVE: (try moving before you need to concentrate - ex: homework)

- do isometrics (push arms on a wall or push hands together)
- walk quickly (in school or take the dog for a walk)
- run up and down steps
- do an errand for a teacher
- shake head quickly
- roll neck slowly in circular motion
- jump up and down or try to jump to touch a door frame
- play sports - basketball, swimming, baseball, frisbee, etc.
- do aerobics with a group or at home to music
- dance
- "doodle" on paper (if it doesn't distract you)
- use a therapy ball

3. TOUCH:

- try holding and "fidgeting" with a Koosh Ball, paper clips, rubber bands, straw, jewelry, or clay
- rub gently or vigorously on your skin or clothing
- take a cool shower or warm bath
- wash your face with a cold or hot wash cloth
- pet or play with an animal
- hold or lean up against stuffed animal or large pillows

4. LOOK:

- put bright lights on in room if you are in low speed
- dim the lights if you are in high speed
- clear off the table you are working on if it distracts you
- watch fish in an aquarium
- read a book or look at magazine

5. LISTEN:

- listen to classical type music (even, slow beat)
- listen to hard rock type music (loud bass, uneven beat)
- use a personal cassette player if the music bothers someone else
- avoid loud, noisy places if you are in high speed or if it bothers you when you are trying to concentrate

[illegible]

WHEN I WANT TO KEEP MY ENGINE RUNNING "JUST RIGHT"

WHAT WORKS?

WHAT BOTHERS ME?

Touch

Look