

Sensory-Motor Preference Checklist

Williams & Shellenberger (1994). Therapy Works, Inc.

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

Put Something in your Mouth (Oral Motor Input)

Drink a milkshake	Eat popcorn / nuts / pretzels/ crunchy veggies
Suck on hard candy	Chew buttons, strings, collars
Crunch or suck on ice	Whistle while you work
Tongue in cheek movements; suck lick, or bite lips/cheek	Drink coffee / tea
Chew on pencil/pen	Drink hot cocoa or warm milk
Take slow, deep breaths	Smoke cigarettes or chew tobacco
Eat a cold popsicle / pickle/ chips / spicy food	Bite nails / cuticles

OTHERS:

Move (Vestibular & Proprioceptive Input)

Rock in rocking chair	Roll neck and head slowly
Shift or squirm in seat	Sit with crossed legs and bounce a foot
Push chair back on 2 legs	Run / jog / dance
Aerobic exercise	Tap a pencil / click a pen
Isometrics / lift weights	Stretch / yoga
Scrub kitchen floor / yard work	Ride bike

OTHERS:

Touch (Tactile Input)

Twist own hair	Rub gently on skin or clothes
Move keys or coins in pocket	Fidget with a straw / paper clips / earring
Cool shower / warm bath	Rub cuticles / nails
Pet cat or dog	Put fingers near mouth / eyes / nose
Drum fingers	Feel textures when shopping

OTHERS:

Look (Visual Input)

Open window shades for more light	Dim lighting
Watch fireplace	Fluorescent lighting
Watch fish tank	Sunlight streaming through bedroom window
Watch sunset / sunrise	Rose-colored room
Watch oil & water toys	Cluttered desk

OTHERS:

Listen (Auditory Input)

Classical music	Scratch on a chalkboard
Hard rock music	Squeak of a mechanical pencil
Listen to others hum	Fire siren
Sing or talk to self	Waking to an unusual noise
Work in a noisy or quiet room	Dog barking

OTHERS: