

BUILDING BRIDGES THROUGH SENSORY INTEGRATION

Social Skills Checklist

TOUCH

Hyper-responsive

- isolates self from touch by others
- dislikes crowds and groups of children for fear of being bumped/touched
- reacts aggressively when bumped/touched by others
- has difficulty tolerating hugs, kisses and signs of affection
- has difficulty playing with others in close proximity
- can be self-injurious
- needs predictability in touch to harness attention to process it better

Hypo-responsive

- seeks out deep pressure and frequently bumps into others
- exhibits excessive touching of objects and people

PROPRIOCEPTION

Hypo-responsive

- plays rough in an effort to gain more input
- seeks out deep pressure, hugs
- squeezes self into small spaces (to increase the deep pressure input)
- exerts too much/not enough pressure when giving a handshake
- performs excessive clapping crashing and other pressure-seeking behaviors
- can be self-injurious

VESTIBULAR

Hyper-responsive

- avoids movement
- body moves as a unit; can't move head independently of body
- balance challenges can make moving toward or standing beside another difficult

CHAPTER 4: IDENTIFYING PROBLEMS WITH SENSORY INTEGRATION

- can become dizzy watching other children
- becomes anxious in an environment full of movement; may stand near the wall
- does not play movement-based games with others

Hypo-responsive

- craves movement
- becomes excited when there is a lot of movement in the activity

VISUAL

Hyper-responsive

- is more comfortable in the dark
- looks intensely at objects/people
- finds eye contact very stressful and therefore avoids it
- cannot process or tolerate color in different intensities
- squints
- prefers to wear a hat/glasses
- stares off into space
- looks at a familiar object

Hypo-responsive

- has difficulty reading facial expression/social cues
- has difficulty visually scanning to find friends in class or on the playground
- has difficulty locating and keeping friends in the visual field, especially in a busy environment
- doesn't use eyes to guide movement

AUDITORY

Hyper-responsive

- is over sensitive to sounds from others
- constantly hums and sings to screen out environmental noise
- dislikes crowds and noisy places
- covers ears

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Hypo-responsive

- appears not to hear sounds, even his/her own name
- seeks out sounds in variety and volume

SMELL/TASTE

Hyper-responsive

- overreacts to new people, new scents
- breathes through their sleeve, as it is a familiar smell
- smells a familiar smell during a transition

Hypo-responsive

- prefers a small space so that it is easier to smell others
- sniffs or licks an object or a person to interact or to discover more about him/her/it