

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

