

# MY SENSORY PROFILE

Insert picture

MY NAME IS:

I find this distressing...

TOUCH



EG. socks with seams, applying cream to the body, light touch etc.

I find this just right...

EG. tight clothing, deep pressure squeezes, to wear my favourite jumper etc.

I find this distressing...

SIGHT



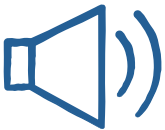
EG. bright lights, cluttered or busy environments, flashing visuals

I find this just right...

EG. calm, organised spaces, soft lighting, clear visual structure, reduced visual distractions

I find this distressing...

SOUND



EG. loud or sudden noises, multiple people talking at once, hand dryers, shouting

I find this just right...

EG. quiet background noise, calm tone of voice, access to ear defenders, predictable sound levels

I find this distressing...

SMELL/  
TASTE



EG. strong cleaning products, perfumes, food smells in close proximity, unpredictable odours, mixed textures in food, strong or unfamiliar flavours, unexpected changes in meals

I find this just right...

EG. familiar neutral smells, access to fresh air, consistent and predictable environment scents, preferred foods, predictable meals, opportunity to explore new tastes gradually and at their own pace

## WHERE MY BODY IS IN A SPACE



I find this distressing...

EG. tasks requiring fine control, having to sit totally still or not having feet on the floor whilst sitting

I find this just right...

EG. pushing and pulling activities, carrying heavy items, climbing, jumping, deep pressure activities

## MOVEMENT/BALANCE



I find this distressing...

EG. being lifted unexpectedly, fast spinning, uneven or unstable surfaces, swings if too high or fast

I find this just right...

EG. rocking, bouncing, controlled spinning, swinging at preferred speed, regular movement breaks

## FEELINGS IN MY BODY



I find this distressing...

EG. not recognising hunger, thirst, toileting needs, or becoming overwhelmed before noticing feelings build

I find this just right...

EG. support to notice body cues, regular prompts for food/drink/toileting, language linking feelings and body signals (e.g. "your body looks tired")

You can support me by...

e.g. giving me choice over the clothes I wear, having ear defenders available...