

Sensory-Motor Preference

Checklist (for adults)



This checklist was developed to help adults recognise what strategies they are already using to help them attain and maintain an appropriate state of alertness.

Mark the items below that you use to increase (↑) or decrease (↓) your state of alertness. You may also mark both (↑↓) on some items, or others not at all.

We may do some of these tasks to help support our concentration and therefore our engagement in daily activity.

Put something in your mouth (oral motor input)

- | | | |
|-------------------------|-------------------------|---------------------------|
| - Drink a milkshake | - Suck a boiled sweet | - Crunch/suck ice cubes |
| - Tongue in cheek moves | - Chew on pen top | - Take slow, deep breaths |
| - Suck, lick, bite lips | - Have a fizzy drink | - Eat a cold ice lolly |
| - Eat a pickle | - Chew gum | - Crunch nuts or crisps |
| - Bite nails | - Eat popcorn/raw veg | - Eat crisps & spicy dip |
| - Smoke cigarettes | - Chew buttons, strings | - Whistle while working |
| - Drink coffee/tea | - Drink cocoa/hot milk | - Other: |

Move (vestibular / proprioceptive input)

- | | | |
|-------------------------|----------------------------|-----------------------------|
| - Rock in rocking chair | - Shift/squirm in chair | - Push chair onto back legs |
| - Exercise (aerobic) | - Lift weights | - Rock own body slightly |
| - Scrub kitchen floor | - Roll neck/head slowly | - Cross legs/bounce leg |
| - Run or jog | - Bike ride | - Tap toe, heel, or foot |
| - Dance | - Tap pencil/pen | - Gardening/digging |
| - Clench fists | - Stretch/shake body parts | - Other: |

Touch (tactile input)

- Twist/twiddle hair
- Warm bath
- Drum fingers on table gently
- Jingle keys/coins in pocket
- Receive a massage
- Tap pencil on table
- Cool shower
- Stroke dog or cat
- Rub skin/clothes

- Fidget with:**
- | | | |
|------------|------------------|------------------------------|
| a straw | paper clips | nails |
| pencil/pen | earring/necklace | fingers near eyes/mouth/nose |
| other: | | |

Look (visual input)

- Open blinds after a boring movie
- Watch sunset/sunrise
- Watch a real fire
- Watch "oil and water" toys
- Watch a fish tank

- How do you react to:**
- | | |
|-------------------------------------|------------------------|
| dim lighting | fluorescent lighting |
| sunlight when trying to sleep | brightly coloured room |
| a cluttered desk when concentrating | |

Listen (auditory input)

- Listen to classical music
- Work in quiet room
- Listen to rock / pop music
- Work in noisy room
- Listen to others "hum"
- Sing or talk to self

- How do you react to:**
- | | |
|---------------------------------|--------------------------|
| scratch on chalkboard | fire siren |
| waking to an unusual noise | dog barking (constantly) |
| noise from someone's headphones | |