



Step 2: LISTEN – My Sensory Profile – In My Words

How to Use This Work Sheet

This activity is about understanding **how your body experiences school, home and everyday life**. It's not a test. It's not about being right or wrong. It's about helping adults understand what things feel like from your point of view - so support can actually make sense for you.

Please read this before you start

1. Who should complete it?

You should complete this with an adult you feel safe and comfortable with.

This might be:

- A keyworker
- A teacher or TA you trust
- A parent or carer
- Another adult you feel understood by

You don't have to do this with someone you don't feel comfortable with. Honest answers work best when you feel safe.

2. Use the prompts as a guide — not a script

You don't have to answer every question.

You can:

- Skip questions
- Change the wording
- Add your own examples
- Take breaks

The prompts are there to help you think - not to box you in.

You're the expert on your own body.



3. You don't have to do it all at once

You can complete this over time.

It might help to:

- **Do one section at a time**
- **Complete it when you feel calm**
- **Pause and come back later**

There's no pressure to finish everything in one go.

4. Your voice matters

Try to use your own words where possible.

You can: Write / Draw / Highlight/ Circle / Type
- Or just talk while someone writes for you

What feels helpful is just as important as what feels difficult.

This information will be used to help adults adjust things around you
- not to judge you!

5. Important reminders!

- There are no right or wrong answers
- If you don't want to answer something, that's okay
- Noticing patterns is more useful than giving "perfect" answers
- You're allowed to change your mind later

Your body changes. Your needs can change too.

Understanding My Sensory Profile		
Sensory System	What works for me	What challenges me
 <p>This is about how you feel different kinds of touch — like clothes, textures, and people being close to you.</p>	<p>Sensory experiences I seek out, enjoy or that calms me</p> <ul style="list-style-type: none"> • What kinds of touch feel okay or comfortable for me (in class or at home)? • Do I prefer light touch or firm pressure? • What clothing feels most comfortable for me? • Are there textures I actually like (e.g. soft fabrics, weighted items, snug layers)? 	<p>Sensory experiences that feel stressful or uncomfortable</p> <ul style="list-style-type: none"> • Are there textures I avoid (e.g. paint, glue, sand, certain fabrics)? • Do I feel uncomfortable when people are close to me? • Are there clothes that distract or irritate me (labels, seams, tight items)? • What usually happens to my mood or focus when touch feels “too much”?



This is about how your body feels when you move, balance, climb, run, or try to sit still

- What kinds of movement help me feel calm or focused?
- Do I feel better after I've moved?
- Do I like stretching, walking, lifting, or being active?
- Is there a way movement could be built into my day that would help?

- Is it hard to sit still for long periods?
- Do I feel dizzy, wobbly, or unsafe with certain movements?
- Are there activities that feel too fast or overwhelming?
- What happens when I haven't had a chance to move?



This is about how your muscles and joints help you know where your body is and how hard to push, pull, squeeze or write.

- Do I like firm pressure (e.g. weighted items, tight hoodies, leaning into something)?
- Do I feel calmer after carrying something heavy or pushing against something?
- Do I prefer strong hugs or deep pressure over light touch?

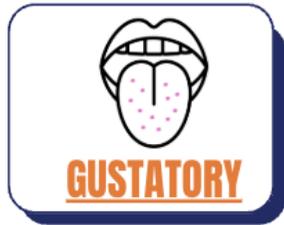
- Do I sometimes use too much or too little force without meaning to?
- Is handwriting or fine motor work tiring?
- Do I bump into things or misjudge my strength?
- What happens when I feel restless or “too much”?



This is about how you hear sounds — loud, quiet, sudden, or lots of noises all at once.

- What sounds help me feel calm (music, quiet, background noise)?
- Do I like working in silence or with some sound?
- Are there times I prefer quiet?

- Are there noises that feel too loud or distracting?
- Do busy spaces make it hard to concentrate?
- Are there sounds that make me feel anxious or irritated?
- What happens to my focus when noise builds up?



This is about how your mouth feels flavours and textures, and whether chewing or certain foods help your body feel calm

- What kinds of foods feel safe or easy for me?
- Do I prefer crunchy, soft, chewy, plain, or strong flavours?
- Are there foods that help me feel settled?

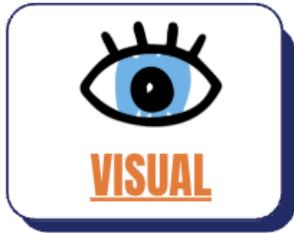
- Are there flavours or textures I avoid?
- Do I find it stressful trying new foods?
- Does lunchtime feel overwhelming for any reason?
- What happens when food feels unpredictable?



This is about how you notice different smells – ones you like, don't like, or find too strong.

- Are there smells that help me feel calm?
- Do certain smells remind me of something positive?

- Are there smells that feel too strong or upsetting?
- Do certain rooms feel uncomfortable because of smell?
- What happens to my focus or mood when a smell bothers me?



This is about how your eyes manage things you see — bright lights, busy rooms, colours, screens, and movement

- Do I prefer bright light or dim light?
- Are there places I like to sit where I feel less distracted?
- Do I find it easier when things look organised and clear?

- Do bright lights or flickering lights bother me?
- Do busy classrooms or corridors feel overwhelming?
- Is it hard to look at boards or screens for long periods?
- What helps when things feel visually “too much”?



This is about how your body tells you what's going on inside – like hunger, thirst, needing the toilet, or feeling worried or tired

- How do I know when I'm hungry or thirsty?
- What helps me feel calm when I'm worried?
- What makes my body feel ready to learn?

- Is it hard to notice when I need the toilet?
- Do I sometimes get headaches or tummy aches when stressed?
- Is it tricky to tell what emotion I'm feeling?
- What usually happens before I feel overwhelmed?

<div data-bbox="224 271 519 507" data-label="Image">  <p>The School Day</p> </div> <p data-bbox="203 566 528 834">This is about how your body feels during different parts of the school day - especially when things change, feel rushed, noisy, or unexpected.</p>	<ul data-bbox="629 204 1227 624" style="list-style-type: none"> • Do you like knowing exactly what is happening next? • Does it help when a teacher tells you in advance if something will change? • Do you prefer having a clear routine each day? • Is there a part of the school day that usually feels calm or easy for you? Why do you think that is? • What helps your body feel settled during lessons? 	<ul data-bbox="1308 204 1995 783" style="list-style-type: none"> • Are there times in the school day that feel more difficult than others? • Does your body feel different during: <ul data-bbox="1308 359 1995 783" style="list-style-type: none"> • <i>Morning arrival?</i> • <i>Transitions between lessons?</i> • <i>Break or lunchtime?</i> • <i>PE?</i> • <i>The end of the day?</i> • Do last-minute changes or surprises feel uncomfortable or stressful? • Do you find yourself worrying about what might happen next? • When school feels overwhelming, what usually happens in your body first?
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This is about how your body feels at home – especially during busy times, changes, or family routines.

- Do you like knowing the plan for the evening?
- Does it help when someone tells you in advance if something will change?
- Do you prefer having a clear routine at home?
- Is there a time of day at home that usually feels calm or easy? Why? What would you be doing?
- Does having quiet time after school help your body reset?

Are there times at home that feel more difficult than others?

Does your body feel different during:

- After school?
- Mealtimes?
- Homework?
- Bath or shower time?
- Bedtime?
- When visitors come over?
- Do surprises or last-minute changes upset or stress you?
- Do you worry about what might happen later in the day?
- Does your body ever feel very busy, very tired, or overwhelmed at home?



What next?

Use what's been shared here together with the Sensory Screening Checklist to decide what needs attention first.

Look for:

- **The situations that feel most overwhelming**
- **The body signals that show up again and again**
- **The times of day that drain the most energy**

Start with the areas that will make the biggest difference to feeling safe, settled and able to learn.

Small, targeted changes are more effective than trying to fix everything at once.