

Sensory profile

A sensory profile is a way of identifying your child's sensory needs and sensitivities and sharing them with their school.

Sensory processing differences might include:

- **Finding bright lights overwhelming**
- **Finding loud noises startling**
- **Disliking having sticky/ dirty hands/ getting messy**
- **Not liking being touched**
- **Becoming distressed at certain smells**
- **Refusing to eat foods of certain textures**
- **Preferring rigid routines**
- **Finding balancing difficult.**

You can fill in the sensory profile template on the next page about your child.



Name

My sensory processing differences are:

What helps me:

What/ who/ where makes me happy and calm: