



Senses Survey

How do you rate these items? Score everything out of 10


TASTE

	Liquorice	Sour Sweets	Hawaiian Pizza	Mayonnaise	Sparkling Water	Dark Chocolate	Spicy food
Score:							
Favourite taste:				I hate the taste of:			


SMELL

	Lemon	Cleaning Products	Vinegar	Fish	Coffee	Petrol	Mint
Score:							
Favourite smell:				I hate the smell of:			


TOUCH

	Paddling in Cold Water	Woolly Hats	Slime	Chalk	Clothes Tags	Sandy Feet	Velvet
Score:							
I love the feel of:				I hate the feel of:			


SIGHT

	Bright Patterns	Sparkly things	Lava Lamps	Puzzles	Colourful Clothes	Spinning Objects	Floodlights
Score:							


SOUND

	Nails on chalkboard	Vacuum cleaners	Lorries Reversing	Sirens	Whispering	People Chewing	Thunder
Score:							
I love listening to:							

VESTIBULAR

	Swinging	Climbing	Being Upside down	Rollercoasters	Trampolining	Rolling	Spinning
Score:							

PROPRIOCEPTION

	Big Squeezes	Carrying Heavy Bags	Tight clothes	Wrestling	Chewy/Crunchy Food	Balancing on one leg	Walking Barefoot
Score:							

What do you prefer in each box?

Circle it (or circle both if you like them equally).

Loose clothes or Tight clothes	Being a bit cold or Being a bit warm	Outdoors or Indoors	Baths or Showers
Being squashed or Having space	Meeting one friend or Meeting a group	Standing or Sitting	Talking or Listening
Being underground or Being up high	Busy places or Quiet places	Learning or Teaching	Land or Water
Tight hugs or Gentle touches	Mornings or Evenings	Strong Flavours or Mild Flavours	Tight spaces or Wide spaces
Bright rooms or Dim rooms	Background noise or Silence	Cold drinks or Warm drinks	Sweet or Salty

The sensory experiences I **love** the most are:

The sensory experiences I **hate** the most are:

Which of my favourite sensory experiences **match** with someone else?

Which of my favourite sensory experiences are the **opposite** to someone else?