

# Sensory Checklist for Home

## VISUAL

- LED lights
- Incandescent lights
- Wall decorations
- Flickering lights
- Pictures and mirrors
- Patterns
- Clutter on surfaces
- Physical movement
- Furniture colors
- Natural light
- Ceiling fans
- Video game pulsing
- TV images
- Reflective surfaces
- People
- Wall colors

## AUDITORY

- Appliance humming
- Alarms
- TV volume
- Music
- Tones of voice
- Fans buzzing
- Lights buzzing
- Barks, meows
- Dog scratching
- Furnace sounds
- Ceiling fans
- Crinkling packaging
- Screaming
- Shower water
- Weather
- Static

## TACTILE

- Blanket textures
- Seams on clothing
- Fleece vs cotton
- Temperature
- Food textures
- Weight of blankets
- Tightness of clothing
- Hugs
- Furniture cushions
- Tags on clothing
- Hands on shoulder
- Wind from fans
- Baths/Showers
- Clothing textures