

# TEENS AND SENSORY PROCESSING: VESTIBULAR AND PROPRIOCEPTION CHECKLIST

## Signs of Being Under-responsive to Proprioceptive Input

- Having low muscle tone
- Appearing “sluggish” and/or lethargic
- Slumping in chair and/or often resting head on desk
- Having poor body awareness
- Struggling to complete activities such as jumping jacks, hopscotch and jumping rope
- Appearing clumsy, often bumping into or tripping over things
- Struggling to move around in an efficient manner in crowded spaces (i.e. classrooms)
- Having difficulty grading the force of movements: may break things often by being too forceful
- Hugging too hard, squeezing too hard with handshakes, using too much force for high-fives
- Leaning against walls, furniture, or others

## Signs of Being Hyper-responsive to Vestibular Input

- Being fearful of or avoiding movement and heights – may not like to ride a bike, skateboard, swing or go on rides
- Disliking riding in cars or get easily sick from this movement
- Appearing cautious and hesitant with movement
- Becoming disoriented when tipping head back or going upside down (or may avoid these movements altogether)
- Exhibiting negative behaviors or “acting out” when expected to engage in movement activities

## Signs of Being Under-responsive to Vestibular Input

- Being constantly “on the go” and moving
- Struggling to sit still
- Having difficulty focusing on seated learning activities
- Craving spinning, running or any other fast movements (i.e. skateboarding, riding bike, sledding, roller coasters, etc.)
- Engaging in “risky” climbing or movement activities and appearing to have a lack of safety awareness
- Seeking out positions where head is upside down
- Seeking out rocking, spinning and/or swaying