

TEENS AND SENSORY PROCESSING: TACTILE CHECKLIST

Signs of tactile hypo-responsivity or tactile sensory seeking:

- Constantly needing to touch and/or fidget
- Overly touchy with others, appearing inappropriate with touch behavior or body space awareness
- Not noticing if others touch them
- Preferring to be barefoot
- Preferring intensity in foods/temperatures/flavors
- Not noticing when face/hands are messy
- Under-responsive to pain/temperature; may not know how they got bruises or cuts

Signs of tactile hyper-responsivity:

- Disliking touch, reacting aggressively to touch or avoiding touch experiences
- Refusing to wear certain types of clothing and/or fabrics
- Disliking socks and/or shoes
- Avoiding standing in lines
- Avoiding crowds and/or crowded places and/or appearing anxious in these settings
- Avoiding certain food textures and/or temperatures, may be a picky eater
- Disliking showers