Match the sensory system.

There are 8 sensory systems, and listed below are some common behaviors. Please read the behavior and match it with the corresponding sensory system.

Sensory Seeking:

1. I could bounce on the trampoline and swing on the tire swing all day long
2. I like to smell things
3. I love to play with lights and turn them off and on
4. I enjoy a lot of noise- the louder the better
5. I don't notice if my clothes are disheveled or not right
6. Tackle me, roll on the floor with me, give me bear hugs
7. I love taking risks, jumping from high up, and crashing into things
8. I love my hair brushed or played with
9. I chew on everything in sight, I love crunchy foods
10. I love being tickled and massaged
11. I hate wearing shoes

Sensory Sensitive:

1. I am scared of trampolines, monkey bars, or swinging high
2. I dislike having my hair brushed
3. I hate certain food textures so I am a picky eater
4. I close my eyes in bright lights
5. I cover my ears to loud noise
6. I'm very sensitive to smells
7. I don't like being tickled
8. I take out the tags on my clothes and there are some fabrics I won't wear
9. Don't touch me
10. I'm cautious with every step I take
11. I hate being barefoot

Remember children can experience difficulty processing more than one sensory system and can also be sensory-seeking and sensory-sensitive at the same time.