








My Sensory Needs



**Building a
Neuroinclusive
School**

Tick if you're sensitive to it	Put a tick beside what works best for you Put a cross beside what doesn't suit you OR Add your own
<input type="radio"/> Light 	<input type="radio"/> Bright, direct light <input type="radio"/> Low, filtered light <input type="radio"/> No flickering <input type="radio"/>
<input type="radio"/> Temperature 	<input type="radio"/> Warm and cozy <input type="radio"/> Cool and refreshing <input type="radio"/> Blankets to snuggle <input type="radio"/> Fan or breeze to sit by <input type="radio"/>
<input type="radio"/> Sounds 	<input type="radio"/> Lots of chatting <input type="radio"/> Minimal talking <input type="radio"/> Background music <input type="radio"/> Only soft sounds <input type="radio"/> Can use headphones <input type="radio"/>
<input type="radio"/> Smells 	<input type="radio"/> Strong smells <input type="radio"/> Weak smells <input type="radio"/> No smells <input type="radio"/> Natural scents <input type="radio"/> Artificial scents <input type="radio"/>

Tick if you're sensitive to it	Put a tick beside what works best for you Put a cross beside what doesn't suit you OR Add your own
<input type="radio"/> Movement and space 	<input type="radio"/> Busy, active spaces <input type="radio"/> Open, spacious areas <input type="radio"/> Organized <input type="radio"/> Different spaces for resting, playing, quiet work <input type="radio"/> Changes a lot <input type="radio"/> Stays mostly the same <input type="radio"/> Lots of movement <input type="radio"/> Calm, low movement <input type="radio"/>
<input type="radio"/> Visuals 	<input type="radio"/> Lots of work on display <input type="radio"/> Calm, minimal visuals <input type="radio"/> Bright colors <input type="radio"/> Muted colors <input type="radio"/>
<input type="radio"/> Touch 	<input type="radio"/> Smooth, silky <input type="radio"/> Rough, bumpy <input type="radio"/> Woolly, knitted <input type="radio"/> Scratchy, abrasive <input type="radio"/> Objects to play with (eg fidget toys) <input type="radio"/> Comfort objects (eg soft toys, weighted blankets) <input type="radio"/>
<input type="radio"/> Anything else?	Add your own!