

Sensory Profile Templates

1. Basic Sensory Profile Template

Area	Seeks	Avoids	Neutral/Notes
Touch			
Sound			
Sight			
Taste			
Smell			
Movement			
Body Awareness			

2. Detailed Sensory Profile Template

Personal Information

- **Name:**
- **Date of Birth:**
- **Completed by:**
- **Date:**

Sensory Areas

Touch

- Enjoys:
- Dislikes:
- Notable triggers:
- Calming strategies:

Sound

- Enjoys:
- Dislikes:
- Notable triggers:
- Calming strategies:

Sight

- Enjoys:
- Dislikes:

- Notable triggers:
- Calming strategies:

Taste/Oral

- Enjoys:
- Dislikes:
- Notable triggers:
- Calming strategies:

Smell

- Enjoys:
- Dislikes:
- Notable triggers:
- Calming strategies:

Movement (Vestibular)

- Enjoys:
- Dislikes:
- Notable triggers:
- Calming strategies:

Body Awareness (Proprioception)

- Enjoys:
- Dislikes:
- Notable triggers:
- Calming strategies:

3. Sensory Preferences Summary Table

Sensory Input	Seeks	Avoids	Strategies/Supports
Touch			
Sound			
Sight			
Taste			
Smell			
Movement			
Body Awareness			

4. Sensory Support Plan

- **Key Sensory Strengths:**
 - **Key Sensory Challenges:**
 - **Effective Supports/Tools:**
 - **Preferred Calming Activities:**
 - **Environments to Avoid/Modify:**
 - **Additional Notes:**
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These templates can be printed and filled out by caregivers, educators, therapists, or the individual themselves to help identify sensory preferences, triggers, and effective supports.