

Common Signs of Sensory Processing Problems

Out-of-proportion reactions to touch, sounds, sights, movement, tastes, or smells, including:

- Bothered by clothing fabrics, labels, tags, etc.
- Distressed by light touch or unexpected touch
- Dislikes getting messy
- Resists grooming activities
- Very sensitive to sounds (volume or frequency)
- Squints, blinks, or rubs eyes frequently
- Bothered by lights or patterns
- High activity level or very sedentary
- Unusually high or low pain threshold

Motor skill and body awareness difficulties, including:

- Fine motor delays (e.g., crayons, buttons/snaps, beading, scissors)
- Gross motor delays (e.g., walking, running, climbing stairs, catching a ball)
- Illegible handwriting
- Moves awkwardly or seems clumsy
- Low or high muscle tone

Oral motor and feeding problems, including:

- Oral hypersensitivity
- Frequent drooling or gagging
- “Picky eating”
- Speech and language delays

Poor attention and focus: often “tunes out” or “acts up”

Uncomfortable/easily overstimulated in group settings

Difficulty with self-confidence and independence