

Sensory Hotspots

I find it difficult to focus on a task or concentrate

I chew on everything

I have the tags cut out of my clothing

When I touch things I am often too hard or too soft

I have poor gross motor skills and have co-ordination difficulties

I have difficulty listening to what others say

I like to smell things

Some fabrics make me upset and uncomfortable

I don't like being tickled

I prefer to walk on tiptoes

I close my eyes in bright light

I am a fussy eater and like to eat the same things daily

I have poor fine motor skills and hate writing and cutting etc.

I hate being barefoot

I dislike having my hair brushed or touched

I don't like loud or unexpected noises

I don't always feel pain like others might

I don't like being cuddled

I sit awkwardly and fidget on the carpet

