Ready Bodies, Learning Minds - Sensorimotor Needs Inventory

Student Name

Examiner Name

Date of Birth

Date of Test

Before starting, please read the instructions first

	90% Always	60% Often	40% Some	10% Never	Refuses
VESTIBULAR	Of 8		Of 8		Of 8
Comments					
PROPRIOCEPTION	Of 14		Of 14		Of 14
Comments					
TACTILE	Of 6		Of 6		Of 6
Comments					
AUDITORY	Of 3		Of 3		Of 3
Comments					
OLFACTORY	Of 1		Of 1		Of 1
Comments					
KEY MOVEMENTS	Of 1		Of 1		Of 1
Comments					
ORAL	Of 4		Of 4		Of 4
Comments					

PLAN:

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SENSORIMOTOR NEEDS INVENTORY

VESTIBULAR

Check all observations that apply	then	Choose ONE category				
		90% Always	60% Often	40% Some	10% Never	or Refuses
1. Desires/seeks out linear movement activities	check one	☐	☐	☐	☐	☐
☐ rocking, swinging ☐ jumping on a trampoline ☐ bouncing up and down ☐ nods head up and down	suggested activities	V1 V2 V4 V6 TB			V3 V6 V7 A1	
2. Desires/seeks out rotational movement	check one	☐	☐	☐	☐	☐
☐ spinning self ☐ rolling on floor ☐ rotates head side-to-side, or head is in constant motion	suggested activities	V1 V2 V4 V6 TB			V1 V2 V6 TB	
3. Appears unbalanced	check one	☐	☐	☐	☐	
☐ leaning forward/back, not in neutral ☐ doesn't seem to know "upright" position ☐ stiff/hesitant gait ☐ clumsy gait	suggested activities	V1 V2 V3 V4 V6 V7 TB A1				
4. In sitting	check one	☐	☐	☐	☐	
☐ rocks self ☐ demonstrates poor balance in sitting VC	suggested activities	Same as #3				
5. Passive movement	check one	☐	☐	☐	☐	
☐ likes if self-imposed, but dislikes imposed movement ☐ movement imposed by others causes negative or emotional reaction ☐ passive changes in head position cause fear or anxiety ☐ dislikes head to be inverted	suggested activities	V2 V6 A1 TB				
6. Fearful when	check one	☐	☐	☐	☐	
☐ feet do not touch ground as in climbing steps (unless being held) ☐ sitting on a chair that is too tall ☐ removing adult guide	suggested activities	V2 V6 TB A1				
7. Resistant to movement	check one	☐	☐	☐	☐	
☐ away from familiar chair, location, floor surface, or person ☐ appears to be sedentary ☐ collapses on floor, curling up ☐ extreme apprehension during walking ☐ self-locomotion is limited due to fear, not ability	suggested activities	V1 V2 V3 V4 V6 V7 A1 TB				
8.Understanding of tasks seem immature, such as	check one	☐	☐	☐	☐	
☐ not being able to comprehend directions ☐ inability to organize or comprehend table work ☐ Inability to follow instructions in navigation	suggested activities	V1 V2 V3 V6 V7 TB A1 B1				

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SENSORIMOTOR NEEDS INVENTORY

PROPRIOCEPTION

Check all observations that apply	then	Choose ONE category				
		90% Always	60% Often	40% Some	10% Never	or Refuses
1. Walks with force	check one	☐	☐	☐	☐	//////
☐ heavy stepping ☐ hopping or jumping ☐ slaps or stomps feet ☐ hard swinging of arms or cane	suggested activities	PB PC P1 L5 A3 A6 A7				
2. Uses heavy force	check one	☐	☐	☐	☐	//////
☐ when touching others ☐ slamming doors ☐ squeezes others ☐ pushing hands and feet against people or objects ☐ purposely stepping on objects on floor	suggested activities	PA PB PC P1 L1 L4 A2 A4 A7				
3. Likes hard feedback	check one	☐	☐	☐	☐	//////
☐ jumps hard on a trampoline ☐ bounces off of walls ☐ bangs feet/hands on floor ☐ purposely crashes into people	suggested activities	PB PC P1 P6 DP A2 A3 A4 A6				
4. Chooses unusual positions	check one	☐	☐	☐	☐	//////
☐ to stress joints ☐ bounces on knees while crouching or squatting ☐ bounces on bottom while seated in chair or on floor ☐ bounces legs in sitting/standing	suggested activities	PC P1 P6 L1 L4 K1 A2 A3 A4 A5 A6 A7				
5. Walks on toes	check one	☐	☐	☐	☐	//////
☐ walks on toes (Note: Also use all Vestibular activities when observed)	sugested activities	DP P1 P7 B1 L5 A6				
6. Rocks intensely	check one	☐	☐	☐	☐	//////
☐ rhythmically pounds self against the back of chair ☐ rocks and rolls on floor forcefully	suggested activities	PB PC P1 All Vestibular				
7. Extreme positions	check one	☐	☐	☐	☐	//////
☐ hands or feet held in extreme positions for extended periods ☐ hyperextended ("snapping") of knees, wrists, or elbows	suggested activities	PC P1 L1 L5 K3 DP				
8. Shows extraneous, non-purposeful movement	check one	☐	☐	☐	☐	//////
☐ stretching legs ☐ hand "flapping" ☐ waving arms ☐ cracking knuckles ☐ "fidgeting"	suggested activities	DP PC PB P1 T2 A5 L1 L5 A7				

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PROPRIOCEPTION (con't)

Check all observations that apply — then — choose ONE category

		90% Always	60% Often	40% Some	10% Never	or Refuses
9. Constant moving	check one	☐	☐	☐	☐	☐
☐ taps hand or feet ☐ deeply rubs arms/legs ☐ bounces in standing ☐ bangs toys	suggested activities	PB PC P1 P6 P7 A2 A4 A5 A6				
10. Enjoys enclosure	check one	☐	☐	☐	☐	☐
☐ tight spaces ☐ being hugged or squeezed ☐ crawling under desk or into shelf ☐ arms inside shirt ☐ tight clothing ☐ leaving coat on all day ☐ shoes on wrong foot ☐ being wrapped in a tight	suggested activities	PB PC T2 V2 A5 A7 DP			DP A5 A7	
11. Desires vibration	check one	☐	☐	☐	☐	☐
☐ vibratory toys ☐ items that have rattles inside	suggested activities	A2 A5 L2 L4 PB DP				
12. Appears lethargic or slow to move	check one	☐	☐	☐	☐	☐
☐ appears to have low muscle tone	suggested activities	All V tolerated All P tolerated				
13. Clumsy control of items in hands	check one	☐	☐	☐	☐	☐
☐ lack of dexterity ☐ weak grasp ☐ lack of understanding of force necessary to hold item without dropping	suggested activities	L1 L2 L4 PB DP A17 K3 K4				
14. Self-abusive behaviors	check one	☐	☐	☐	☐	☐
☐ pinching and/or biting self ☐ deeply rubbing ears and eyes ☐ head banging, rubbing head on floor while crawling ☐ bitting self and others (see Oral) ☐ poking/pressing eyes ☐ skin picking/hair pulling	suggested activities	PB DP A5 A6 A7 All V tolerated All P tolerated				

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SENSORIMOTOR NEEDS INVENTORY

TACTILE

Check all observations that apply	then	Choose ONE category				
		90% Always	60% Often	40% Some	10% Never	Refuses
1. Constantly touching	check one	☐	☐	☐	☐	//////
☐ blankets, cloth, clothing, smooth surfaces ☐ edge of table ☐ particular toy ☐ lightly touching soft area of own skin ☐ can include item kept in mouth ☐ other people	suggested activities	DP A5 A7 All V tolerated All P tolerated to ↑ self-aware				
2. Prefers	check one	☐	☐	☐	☐	//////
☐ messy play ☐ water ☐ playdoh ☐ saliva ☐ diaper ☐ mucous	suggested activities	DP TB V2 T2 T4 L1 L2 L4				
3. Tactile defensiveness causes anxiety or fear	check one	☐	☐	☐	☐	//////
☐ messy play ☐ food on face ☐ hair brushing ☐ bathing/swimming ☐ light touch by another ☐ brushing teeth/hair ☐ minor cuts ☐ holding or washing hands	suggested activities	DP TB T2 T4 V2 A7				
4. Deep touch to relieve stress (coincides with frustration)	check one	☐	☐	☐	☐	//////
☐ pushes on eyes ☐ tight gripping of hands ☐ poke, bite, or pinch self ☐ pull own hair	suggested activities	DP V2 T2 T3 T4 A16				
5. Irritated by	check one	☐	☐	☐	☐	//////
☐ clothing on certain parts of body (tags/socks/hoods) ☐ particular pieces of clothing (texture) ☐ bare feet on ground	suggested activities	DP T4 V2 A5 A7				
6. Refuses to touch new items	check one	☐	☐	☐	☐	//////
☐ due to texture ☐ due to temperature ☐ when placed in hands	suggested activities	DP L1 L4 A5				

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SENSORIMOTOR NEEDS INVENTORY

AUDITORY

Check all observations that apply	then	Choose ONE category				
		90% Always	60% Often	40% Some	10% Never	Refuses
1. Banging	check one	☐	☐	☐	☐	///
☐ hands on items ☐ items on table	activities	A4 A5 L1 L4 A11				
2. Easily distracted	check one	☐	☐	☐	☐	///
☐ noises not necessarily loud ☐ asks others to be quiet	activities	A9 A10				
3. Fearful of noises	check one	☐	☐	☐	☐	///
☐ loud noises ☐ covers ears ☐ only certain noises ☐ overwhelmed	suggested activities	A9 A10				

OLFACTORY

Check all observations that apply	then	Choose ONE category				
		90% Always	60% Often	40% Some	10% Never	Refuses
Olfactory	check one	☐	☐	☐	☐	///
☐ repetitively smelling items with strong, intense odors ☐ overtly responds to common smells - people, food, perfume, etc ☐ aggressively smells other people	suggested activities	A8				

KEY MOVEMENT CONTROL ISSUES

Note: These tendencies can be representative of a mild hemiplegia, or the possibility of Limited Key Patterns. A therapist consultation may be necessary to determine the etiology. See also Chapter Two in Ready Bodies, Learning Minds; Cultivating the Complete Child (Oden, 2016)

Check all observations that apply	then	choose ONE category				
		90% Always	60% Often	40% Some	10% Never	or Refuses
Tendency to	check one	☐	☐	☐	☐	///
☐ veer to one side while walking ☑ hold head to one side ☐ limp or side-bending to one side while walking ☐ use one hand more than the other ☐ hold arms tight near body while walking	suggested activities	K1 K2 K3 K4 V1 P1				

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ORAL PROCESSING

Note: Oral Processing depends on three systems:

Taste (taste receptors)
Tactile (through lips, tongue, gums, cheeks)
Proprioceptive (deep pressure, chewing, sucking)

The activities may be calming or alerting depending on the student. It is important to recognize these are not habits, but are demonstrations of stimulation of a system or of avoidance.

Check all observations that apply		then	choose ONE category				
			90% Always	60% Often	40% Some	10% Never	Refuses
1. For auditory/proprioceptive stimulation		check one	☐	☐	☐	☐	///
☐ humming	☐ vocalizing	suggested activities	A5 A12 A13 A14 OA				
☐ self-talks	☐ yelling						
☐ clicking	☐ sucking air						
☐ hiccupping	☐ constant coughing						
2. For tactile/proprioceptive stimulation		check one	☐	☐	☐	☐	///
☐ chews on cheeks or lips	☐ Biting others or self	suggested activities	A5 A12 A13 A14 OA				
☐ chews, nails, hands,or hair	☐ licking						
☐ sucking on cloth/thumb	☐ spitting						
☐ mouthing items for exploration or information							
3. For proprioceptive stimulation		check one	☐	☐	☐	☐	///
☐ grinds teeth	☐ grimacing	suggested activities	A13 A14 A16				
☐ chews on non-food items	☐ stuffs mouth						
☐ prefers crunchy food	☐ gags						
4. Difficulty in		check one	☐	☐	☐	☐	///
☐ eating textured food	☐ eating flavored food	suggested activities	A13 A15 A16 OA				
☐ spits out or loses food	☐ drooling						
☐ fear of brushing teeth							

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