# Instructions for the Teen Sensory Tools Survey 

## Welcome!

To begin this handbook, you may want to complete the Teen Sensory Tools Survey. You can use this survey to learn about your sensory preferences as a teenager for achieving success both at school and home.


You can share this survey with your teachers, parents, or therapists so that they can learn how to best support you and your sensory preferences.

We understand that your needs are unique. As you read each question, think about the individual sensory categories (Moving, Muscles, Touching, Mouth, Hearing, Seeing, Smelling) that are listed at the top of the survey page.

Have fun! You may want to discuss and compare your responses with those of your friends. Be as open and honest as possible and know that your opinions and feelings are valued.

> You may discover that some of your answers will change when you complete this form again next year.

Many teachers have changed their classroom environment and many caregivers have allowed and encouraged their teens to change the homework setting after reading the sensory tools surveys that their teens have completed.

Best wishes,

Diana, $\operatorname{Rick}, \mathfrak{T}$ ammy, and Deanna

## Teen Sensory Tools Survey

Moving Muscles Touching Mouth Hearing Seeing Smelling

1) List the top three things you like most about school.
2) If you could change three things about school, what would they be?
3) If you could design your own classroom (to make concentration and learning easier) what would it be? (consider lighting, sounds, seating, space, etc.)
4) Describe the qualities of your favorite teacher.
5) When you feel sluggish or tired during a class or when doing homework, what strategies do you use to "wake" yourself up? (take a walk, eat/drink, fidget with pencil or other object....)
6) Describe the environment where you typically do your homework. What are some things that help you concentrate when you are reading, studying or writing?
(consider music/quiet, food/drink, and moving/sitting still)
7) How many hours per day do you spend doing homework?
8) When you feel wound up, stressed out, or hyper, what do you do to calm yourself?
9) How many hours per day do you spend involved in any type of physical activity? (include recess/breaks, PE, sports, dance, walking, working out....)
10) How many hours of sleep do you typically get each night?
11) How do you like to spend free time?

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