

WILBARGER DEEP PRESSURE BRUSHING PROGRAM

ADULT SENSORY-MOTOR PREFERENCE CHECKLIST*

Directions: This checklist was developed to help adults recognize what strategies their own nervous system employ to attain an appropriate state of alertness. Mark the items below that you use to increase ↑ or decrease ↓ your state of alertness. You might mark both (↑↓) on some items. Others you might not use at all.

Something in Your Mouth (Oral Motor Input):

- | | |
|---|---|
| <input type="checkbox"/> Drink a milkshake | <input type="checkbox"/> Chew gum |
| <input type="checkbox"/> Suck on hard candy | <input type="checkbox"/> Crunch on nuts/pretzels/chips |
| <input type="checkbox"/> Crunch or suck on ice pieces | <input type="checkbox"/> Bite on nails/cuticle |
| <input type="checkbox"/> Tongue in cheek movement | <input type="checkbox"/> Eat popcorn/cut up vegetables |
| <input type="checkbox"/> “Chew” on pencil/pen | <input type="checkbox"/> Eat chips and a spicy dip |
| <input type="checkbox"/> Chew on coffee swizzle sticks | <input type="checkbox"/> Smoke cigarettes |
| <input type="checkbox"/> Take slow deep breaths | <input type="checkbox"/> Chew on buttons, sweatshirt strings or collars |
| <input type="checkbox"/> Suck, lick, bite on your lips or the inside of your cheeks | <input type="checkbox"/> Whistle while you work |
| <input type="checkbox"/> Eat a cold popsicle | <input type="checkbox"/> Drink coffee/tea (caffeinated) |
| <input type="checkbox"/> Eat a pickle | <input type="checkbox"/> Drink hot cocoa or warm milk |
| | <input type="checkbox"/> Other: |

Move (Vestibular Input):

- | | |
|---|--|
| <input type="checkbox"/> Rock in a rocking chair | <input type="checkbox"/> Sit with crossed legs and bounce one slightly |
| <input type="checkbox"/> Shift or “squirm” in a chair | <input type="checkbox"/> Run/jog |
| <input type="checkbox"/> Push chair back on 2 legs | <input type="checkbox"/> Ride a bike |
| <input type="checkbox"/> Aerobic exercise | <input type="checkbox"/> Tap toe, heel or foot |
| <input type="checkbox"/> Isometrics/lift weights | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Rock own body slightly | <input type="checkbox"/> Yard work |
| <input type="checkbox"/> Scrub kitchen floor | <input type="checkbox"/> Stretch/shake body parts |
| <input type="checkbox"/> Roll neck and head slowly | <input type="checkbox"/> Other: |

* Shellenberger and Williams, “An Introduction to ‘How Does Your Engine Run?’ The Alert Program for Self-Regulation” Therapy Works Inc. 1996.

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ADULT SENSORY-MOTOR PREFERENCE CHECKLIST CONTINUED

Touch (Tactile Input):

- Twist own hair
- Move keys or coins in pocket with your hand
- Cool shower
- Warm bath
- Receive a massage
- Pet a dog or cat
- Drum fingers or pencil on table
- Rub gently on skin/clothes

*Fidget with the following:

- A straw
- Paper clips
- Cuticle/nails
- Pencil/pen
- Earring/necklace
- Phone cord while talking
- Put fingers near mouth, eye or nose
- Other:

Look (Visual Input):

- Open window shades after a boring movie in classroom
- Watch a fireplace
- Watch fish tank
- Watch sunset/sunrise
- Watch "oil and water" toys

* How do you react to:

- Dim lighting
- Fluorescent lighting
- Sunlight through bedroom window when sleeping
- Rose colored room
- A "cluttered desk" when needing to concentrate

Listen (Auditory Input):

- Listen to Classical Music
- Listen to Hard Rock
- Listen to others "hum"
- Work in quiet room
- Work in noisy room
- Sing or talk to self

* How do you react to:

- Scratch on chalkboard
- "squeak" of a mechanical pencil
- Fire siren
- Waking to an unusual noise
- Dog barking (almost constantly)