SENSORY SEEKING VS. SENSORY SENSITIVE

I could bounce on a trampoline & spin in circles on the tire swing all day long

I like to smell things

I love having my hair brushed or played with



I love to play with the lights and turn them on and off

I chew on everything in sight. I love crunchy foods

I enjoy making lots of noise – the louder the better

I love being tickled and massaged

I don't notice if my clothing is disheveled or not on right

I hate wearing shoes

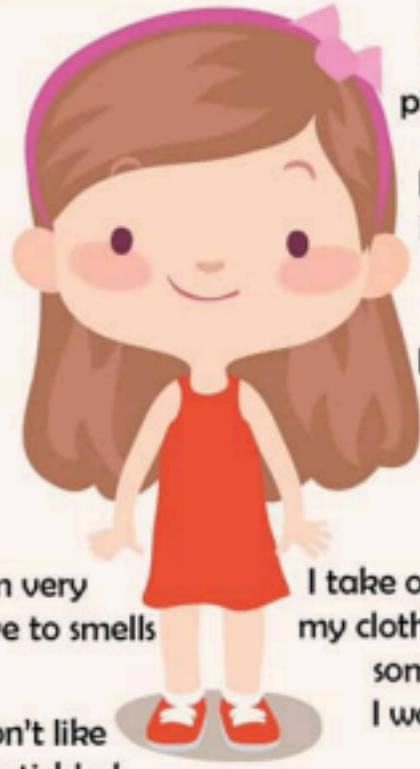
Tackle me, roll on the floor with me, give me bear hugs

I love taking risks, jumping from high up and crashing into things

I am scared of trampolines, monkey bars or to swing high

I dislike having my hair brushed

I hate certain food textures so I'm a picky eater



I close my eyes in bright lights

I cover my ears to loud noise

I'm very sensitive to smells

I take out the tags in my clothes and there's some fabrics I won't wear

I don't like being tickled

Don't touch me

I'm really cautious with every step I take

I hate being barefoot

Miracle Maker Mom