



DISCOVERY PROGRAMME

SENSORY TOOLKIT

www.thrivingautistic.org

My Sensory Preferences

This sensory checklist tool will help you to reflect on your sensory experiences and explore the nuanced ways in which they shape your day-to-day life.

By becoming more attuned to what brings you comfort, energy, or distress, you will deepen your self-awareness and cultivate a greater sense of understanding about how you experience our world. This information can help you to create a more supportive and nourishing environment for yourself.

This tool has been designed by the team at Thriving Autistic and is inspired by the work of Kelly Mahler, Autism Level UP & Queensland Health OT.



My Visual Sense

What comforts or soothes me?

A large, empty white rectangular box with rounded corners, intended for writing responses to the question above.

What energizes or alerts me?

What energizes or alerts me?

A large, empty white rectangular box with rounded corners, intended for writing responses to the question above.

What distresses or upsets me?

A large, empty white rectangular box with rounded corners, intended for writing responses to the question above.



My Sense of Sound

What comforts or soothes me?

What energizes or alerts me?

What energizes or alerts me?

What distresses or upsets me?



My Sense of Smell

What comforts or soothes me?

What energizes or alerts me?

What energizes or alerts me?

What distresses or upsets me?



My Sense of Taste

Think: Temperature? Texture? Flavour?

What comforts or soothes me?

What energizes or alerts me?

What energizes or alerts me?

What distresses or upsets me?

My Sense of Movement



**Think: Speed(Walk/run)? Swinging /
Rocking / Dancing/ Yoga / Sports...**

What comforts or soothes me?

What energizes or alerts me?
What energizes or alerts me?

What distresses or upsets me?



My Sense of Touch

**Think: Texture (rough/smooth/wet/dry),
Pressure (deep massage or light strokes),
clothes, showering, hugs**

What comforts or soothes me?

What energizes or alerts me?

What energizes or alerts me?

What distresses or upsets me?

Support

If you would like to explore further support, you may find our directory of Neurodivergent, neuro-affirming practitioners valuable:

[Neurodivergent Practitioners Directory](http://www.neurodivergentpractitioners.org)

(www.neurodivergentpractitioners.org)

More information about our resources, training, community events and the Discovery Programme for Autistic adults can be found on our website.

[Thriving Autistic](http://www.thrivingautistic.org)

www.thrivingautistic.org



www.thrivingautistic.org

**Thriving Autistic
Discovery Programme
Resources**

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