

Appendix B: Interpretation Sheet

Enabling Environments Sensory Preferences Interpretation

Please complete the interpretation sheet by highlighting all the areas where you selected often and always on the checklist	Name: _____ Date _____
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System	Registration/ Freeze	Sensitive/ Fright	Seeking/ Flight	Avoiding/ Fight	Thinking skills	Connecting skills	Communicating
Auditory	<ul style="list-style-type: none"> I miss verbal instructions 	<ul style="list-style-type: none"> I get distracted by sounds in my environment 	<ul style="list-style-type: none"> I work better when I listen to music 	<ul style="list-style-type: none"> I am bothered by the noise level in assemblies, break & lunch times 	<ul style="list-style-type: none"> I like to do things in the same way I enjoy the challenge of solving problems 	<ul style="list-style-type: none"> I feel confused I find it difficult to concentrate the whole time in class 	<ul style="list-style-type: none"> I struggle to keep a conversation going
Visual	<ul style="list-style-type: none"> I miss written instructions I struggle to keep myself organised 	<ul style="list-style-type: none"> I am bothered by lights in the classroom I am bothered & distracted by movement/ reflections of light 	<ul style="list-style-type: none"> I enjoy being in places that are visually busy 	<ul style="list-style-type: none"> I get frustrated when I read 	<ul style="list-style-type: none"> I find it difficult to manage unexpected change I prefer to be in control & know what to expect 	<ul style="list-style-type: none"> I find it difficult to make eye contact I feel frustrated I easily recognise patterns in things 	<ul style="list-style-type: none"> I struggle to understand what someone is feeling just by looking at their face
Tactile	<ul style="list-style-type: none"> I am unaware of temperature and pain I don't notice when hands/face are dirty 	<ul style="list-style-type: none"> I am bothered by certain textures of clothing/materials/ temperature I don't like it if my hands get dirty 	<ul style="list-style-type: none"> I fidget with objects 	<ul style="list-style-type: none"> I dislike it when people touch me unexpectedly 	<ul style="list-style-type: none"> I prefer spending time with activities instead of people I feel stressed 	<ul style="list-style-type: none"> I struggle to imagine characters in stories I feel embarrassed 	<ul style="list-style-type: none"> I like being alone I don't like conflict and tend to avoid it
Movement	<ul style="list-style-type: none"> I get lost easily 	<ul style="list-style-type: none"> I get dizzy easily & often lose my balance 	<ul style="list-style-type: none"> I struggle to keep still and need to fidget or rock I like to move 	<ul style="list-style-type: none"> I have a fear of heights, lifts, escalators 	<ul style="list-style-type: none"> I prefer reading books on non-fiction rather than fiction 	<ul style="list-style-type: none"> I often feel anxious in new situations I feel nervous 	<ul style="list-style-type: none"> I struggle to ask for help
Proprio	<ul style="list-style-type: none"> I am clumsy & bump into things/drop things Moving chairs roughly/ open & close doors too hard 	<ul style="list-style-type: none"> I feel physically tired 	<ul style="list-style-type: none"> I like chewing on objects 	<ul style="list-style-type: none"> I feel I don't like physical activities I don't enjoy team sports 	<ul style="list-style-type: none"> I find it difficult to imagine being someone else I have headaches at school 	<ul style="list-style-type: none"> I struggle to understand sarcasm & hidden meanings I misunderstand what people say 	<ul style="list-style-type: none"> I struggle to deal with my emotions
Taste/Smell	<ul style="list-style-type: none"> I prefer to eat the same foods 	<ul style="list-style-type: none"> I am bothered by smells that others don't notice 	<ul style="list-style-type: none"> I particularly like crunchy or chewy foods 	<ul style="list-style-type: none"> I feel I am bothered by & avoid certain food textures 	<ul style="list-style-type: none"> I have often been told what I say is impolite 	<ul style="list-style-type: none"> I don't enjoy social situations or gatherings 	<ul style="list-style-type: none"> I enjoy talking & find it difficult to let others speak