

SENSORIMOTOR PLANNING WORKSHEET

Taste/Smell	Oral Texture	Tactile	Vestibular Movement	Vestibular Gravity	Visual	Auditory
Sweet/Vanilla	Suck/Blow	Joint and muscle activity, Cool to neutral warmth	Joint and muscle activity	Vertical	Light/Dark Color	Vibration Sounds Loud/Soft
Salt/Brine	Bite/Crunch	Deep pressure Moderate temperatures	Oscillation (bouncing)	Horizontal	Form (boundaries)	Rhythm Music Sing-song speech Rhyme
Sour/Citrus Spice	Chew	Touch pressure Moderate temperatures	Linear movement (swinging)	Out of straight planes (diagonals)	Place (location)	Vocalization/ speech sounds
Bitter/Smoke	Lick	Light touch (may be unexpected) Extreme temperatures	Rotary movement (spinning or partial rotation)	Upside down/backwards space	Movement through time and space	Language

Rhythmic input over time – decreases arousal level

Arhythmic input over time – increases arousal level

Rhythm of input + _____

Intensity of input + _____

Frequency of input + _____

Duration of input = _____

Optimal Function