

Sensory Preferences Screen (The Office)

	sensory seeking		sensory avoiding
	sensory missing		sensory sensitive

Sight Preferences

	Never	Rarely	Sometimes	Often	Always
I like bright, intense light &/or colours in the workplace					
I like natural light in the workplace					
I like contact with nature in my workspace (eg potted plants, view out the window)					
I prefer soft lighting in my work environment (eg low light on computer screens, lower room lighting)					
I feel calm/ more at ease when I look at familiar pictures or objects on my desk.					
I find it difficult to locate things at work when my surroundings are crowded/cluttered					
Bustling & busy work environments bother/stress me					
Untidy or cluttered workspaces bother/stress me					
At work I don't notice changes to spaces (eg when people enter or leave the room or if items are moved)					
When I am working at my desk, I get distracted if I can see people walking around					
I limit visual distractions at work (eg shut the doors, turn my back on or move away from others)					

Sound Preferences

	Never	Rarely	Sometimes	Often	Always
I often make noise while working (eg hum, whistle, talk to myself, drum on my legs or desk)					
I like to work with some noise in the background (eg music, radio talkback, people chatting)					
I don't seem to notice background noise at work (eg music, radio, chatter, my name being called)					
Certain noises at work bother me (eg phone ringing, laughter, loud unexpected noise)					
Background noises at work distract me (eg radio, phones, talking, microwave, air conditioning unit)					
I can't hear on the phone properly when there are other noises around me					
I try to block out sound distractions at work (eg earbuds or plugs, headphones, close the door)					
I find it difficult to concentrate if there are chewing, throat clearing or tongue clicking sounds around me.					
I sometimes need to move myself away from noisy settings to get my work done					

Smell Preferences

	Never	Rarely	Sometimes	Often	Always
Certain smells bother me at work (eg reheated lunch, perfumes)					
I find it hard to be in the office after it has just been cleaned due to the smell of cleaning products					
I have a reaction (allergic, headache, nausea) if there are certain smells in the office (eg flowers, diffusers)					
I don't seem to notice smells that other people notice or make comments on at work					
I tend to move away from certain smells (eg move away from kitchen area at lunchtime)					
I enjoy particular smells in my day to day (eg coffee, mint, lavender, essential oils)					

Touch Preferences

	Never	Rarely	Sometimes	Often	Always
I tend to engage closely with people in the workplace (eg proximity to others, touch)					
I focus better when I have more physical space around me in the work environment					
I feel uncomfortable if someone is standing behind me while I work (eg using the printer, at my desk)					
I don't feel comfortable when people touch me to gain my attention at work.					
I rarely feel uncomfortable with the temperature in the office.					
I often find the office temperature uncomfortable (eg too warm or too cold)					
I often fidget with things while working (eg clothing, rubbing chin, jewellery, pen, paperclip)					

Movement Preferences

	Never	Rarely	Sometimes	Often	Always
I tend to get up and move around a lot in my workday					
I do my best work when it is carefully planned and executed					
I work best and feel more energised when collaborating with others					
I work best when I stay in the one place and keep my head down					
I get restless easily and lose focus at work if I am sitting for any length of time					
I am not a particularly physical person and prefer quiet, seated activities					
I like to do things on the spur of the moment					
I often feel uncomfortable or in pain when sitting at work					

Notes: