SENSORY AND EMOTIONAL REGULATION

School or Classroom Sensory Audit Checklist

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A checklist to support a conversation with school about sensory load in the classroom, corridors, lunch hall and other parts of the day.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe. This is a discussion tool, not an official inspection and not a demand that a particular change must be made.

Who this is for

Parents, carers, and school staff looking together at a setting's sensory environment for a particular pupil.

What is inside

- How to use this with school
- A setting checklist
- A "what to try" conversation page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

A shared look, not a complaint on its own

Take this as a starting point for a calm conversation. Note times of day as well as rooms: lining up, assembly, PE, lunch, cover lessons, and the end of the day can be harder than sitting at a desk. If a change would also be a reasonable adjustment, you can use the reasonable adjustments packs in this shop alongside this one.

The classroom and the wider setting

- [ ] Noise, echoes, corridor traffic, and the lunch hall
- [ ] Light, displays, and visual clutter at the pupil's seat
- [ ] Seating, space to move, and whether the pupil is easily bumped or crowded
- [ ] Smells, uniforms, and other touch or clothing issues
- [ ] Unstructured times: arrival, playtime, transitions, and home time
- [ ] Access to a quieter space, and whether the pupil can use it without embarrassment
- [ ] Fire drills, cover staff, and other sudden changes

What we have already noticed, with times of day if we can

What we will ask school to consider

Possible changes, including things that already help at home

How and when we will review this with staff

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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