Sensory Audit Checklist for Inclusive Classrooms | Primary School

This Sensory Audit Checklist will help you review your classroom's sensory environment so you can quickly and simply create a more inclusive and supportive learning space for all students.

Students whose sensory needs and preferences are considered are likely feel more comfortable, focused, and engaged in their learning. Doing a sensory check of your classroom/s will benefit all students, but particularly those who are autistic and neurodivergent.

Hyperlinks embedded in the checklist will direct you to relevant **Sensory Considerations** teaching practices.

1.   Visual Environment

❑   **Lighting**: Are the lighting levels comfortable, with minimal glare or flickering (e.g., natural light, adjustable lighting, soft lighting options)?

❑   **Clutter**: Is the classroom free from unnecessary visual clutter (e.g., posters, items on walls or shelves)?

❑   **Visual stimuli**: Are there any visual distractions (e.g., bright colours, fast-moving images, outside activity, or displays)?

❑   **Seating arrangement**: Will the seating arrangement reduce distractions, and are there options for students who may need to sit in quieter or less visually stimulating areas?

2.   Auditory Environment

❑   **Noise levels**: Are noise levels in the classroom kept at a comfortable level, with minimal background sound (e.g., hallway noise, air conditioning)?

❑   **Echoes or acoustics**: Does the room have any acoustics that might amplify sounds or cause echoes?

❑   **Noise-cancelling options**: Are there strategies and resources available, like noise-cancelling headphones or calm spaces, for students who are sensitive to auditory stimuli?

❑   **Clear communication**: Are your instructions and verbal cues delivered in a calm, clear, and consistent manner to support auditory processing? Are these verbal instructions also written on the board for those with slower processing times, or accompanied by visual supports if unable to read?

3. Tactile Environment

- ☐ **Seating comfort**: Are the chairs, desks, and other surfaces comfortable and suitable for all students (e.g., no sharp edges, soft textures)?

- ☐ **Temperature**: Is the room's temperature adjustable, with options for students who are sensitive to heat or cold?

- ☐ **Textural sensitivity**: Are there materials (e.g., rough carpets, uncomfortable seating, textured sporting equipment, or materials that are difficult to manipulate) that might cause discomfort?

- ☐ **Fidget tools/Comfort items**: Are students allowed to use fidget tools or have access to comfort items (e.g., cushions, stress balls) to regulate sensory input?

4. Olfactory Environment

- ☐ **Unpleasant odours**: Are there any strong or unpleasant odours in the classroom (e.g., from cleaning products, food, or rubbish)?

- ☐ **Air quality**: Is the air fresh and well-ventilated?

5. Movement and Space

- ☐ **Room layout**: Is the classroom space well-organised with clear pathways for easy movement so physical contact can be avoided?

- ☐ **Movement breaks**: Are there regular opportunities for movement, like stretching?

- ☐ **Seating**: Are there various seating options for those who need to move while working (e.g., standing desks, flexible seating)?

6. General Classroom Environment

- ☐ **Routine and predictability**: Are visual schedules (e.g., planners, time markers) used and referred to regularly to reduce anxiety around transitions? How are students made aware when there is an unexpected change?

- ☐ **Visual supports**: Are visual supports (e.g., schedules, task charts, social stories) available to support students in navigating the school environment and understanding expectations? Are these updated regularly and is their use actively encouraged?

- ☐ **Quiet and calm spaces**: Are there designated calm areas with sensory tools for students to regulate and decompress if overwhelmed? Is there a designated system in place that all students know how to use for when they need to access a calm zone?

Autism CRC's inclusionED is a professional learning platform co-designed with educators, for educators. It offers 60+ evidence-based teaching practices and resources that can be applied in the classroom to support diverse learners across all year levels.