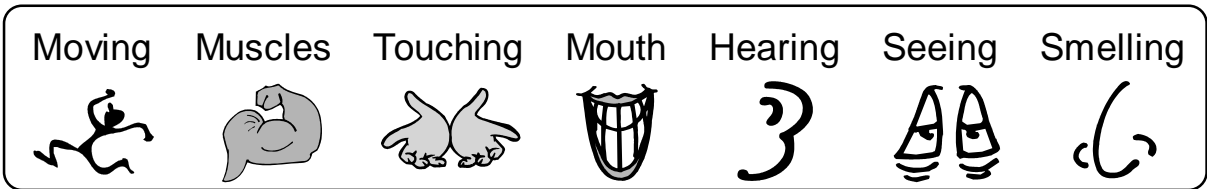




# Teen Sensory Tools Survey



- 1) List the top three things you like most about school.  
\_\_\_\_\_  
\_\_\_\_\_
- 2) If you could change three things about school, what would they be?  
\_\_\_\_\_  
\_\_\_\_\_
- 3) If you could design your own classroom (to make concentration and learning easier) what would it be? (consider lighting, sounds, seating, space, etc.)  
\_\_\_\_\_  
\_\_\_\_\_
- 4) Describe the qualities of your favorite teacher.  
\_\_\_\_\_  
\_\_\_\_\_
- 5) When you feel sluggish or tired during a class or when doing homework, what strategies do you use to "wake" yourself up? (take a walk, eat/drink, fidget with pencil or other object....)  
\_\_\_\_\_  
\_\_\_\_\_
- 6) Describe the environment where you typically do your homework. What are some things that help you concentrate when you are reading, studying or writing?  
(consider music/quiet, food/drink, and moving/sitting still)  
\_\_\_\_\_  
\_\_\_\_\_
- 7) How many hours per day do you spend doing homework?  
\_\_\_\_\_
- 8) When you feel wound up, stressed out, or hyper, what do you do to calm yourself?  
\_\_\_\_\_  
\_\_\_\_\_
- 9) How many hours per day do you spend involved in any type of physical activity?  
(include recess/breaks, PE, sports, dance, walking, working out....)  
\_\_\_\_\_  
\_\_\_\_\_
- 10) How many hours of sleep do you typically get each night?  
\_\_\_\_\_
- 11) How do you like to spend free time?  
\_\_\_\_\_  
\_\_\_\_\_

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