



ORAL SENSORY INPUT Cheat Sheet



© Lemon Lime Adventures

Oral Avoiding Behaviors

- * Avoids Certain Textures of Foods
- * Difficulty with New Foods
- * Gags, Chokes, or Drools Often
- * Difficult Using a Straw
- * Problems Chewing or Swallowing
- * Avoids Mushy Foods

Oral Seeking Behaviors

- * Craves Certain Foods
- * Prefers Spicy or Hot Foods
- * Bites Frequently
- * Bites/Chews Nails
- * Mouths Non-Food Items
- * Chews Furniture, Toys, Pencils, etc.

Oral Motor Activities

- * Blow Bubbles
- * Blow Whistles & Other Instrument
- * Play Taste Guess
- * Try 1 New Food Before Dinner
- * Make an Edible Necklace
- * Chew Gum/ Hard Candy
- * Drink from Water Bottle with Bite Valve
- * Applesauce Through Straw
- * Alternative Chewy Toys

*All information is merely a suggestion and should be used as a resource. Please consult with a certified OT before starting any sensory diet.