SENSORY THRESHOLDS PART I: THINGS THAT BUG US

Circle words or phrases that bother, bug, irrationally irritate, stress, annoy, or make you nuts!

Uncomfortable clothes
(tags, itchiness, heavy snow clothes, boots)
Bright lights
Having to sit still for long periods of time
Certain noises
(crinkling paper, nails on a chalkboard)
Certain smells (which ones?)
Small, cramped spaces
Being hot or cold
Big crowds
Quiet rooms
Loud music

Create your own list