

# OVER-EXCITABILITY CHECKLIST

## *Gifted & Creative Services Australia Pty Ltd*

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Overexcitability is a heightened capacity to respond to stimuli of various types. The term overexcitability was chosen to convey the idea that the stimulation is well beyond average in intensity and duration. Overexcitabilities can be thought of as an abundance of physical, sensual, creative, intellectual and emotional energy that can result in creative endeavours as well as advanced emotional and ethical development in adulthood. As such, they are a positive force for the gifted, as they feed, enrich, empower and amplify talent.

Overexcitabilities are assumed to be innate and appear in five forms:

Psychomotor - surplus of energy, restless, curious

Sensual - sensory and aesthetic pleasure

Intellectual - strong signs of analysis and synthesis, theoretical thinking, probing questions, learning, problem solving

Imaginational - vivid fantasy life, spontaneous imagery, sensitive to imaginary realities

Emotional - intensity of feeling:, complex emotions and feelings, extremes of emotion, sensitivity, identification with the feelings of others, difficulty adjusting to change. (Piechowski 1999)

**Please tick the response that most accurately describes your child for an indication of the overexcitabilities exhibited.**

### Psychomotor

	Strongly Disagree	Generally Disagree	Neutral	Generally Agree	Strongly Agree
is very competitive					
likes physically exhausting activities					
loves to be in motion					
has a lot of energy and wants to do physical activities					
is more energetic than most people their age					
becomes increasingly restless if forced to sit still					
fidgets- body is constantly in motion					
when nervous, must do something physical					
loves climbing					
needs to be active e.g. walking, organising, doing something/anything					
thrives on intense physical activity, e.g. fast sports					
Is an impulsive risk-taker					

**Sensual**

	Strongly Disagree	Generally Disagree	Neutral	Generally Agree	Strongly Agree
delights in varieties of colour and sound					
finds viewing art a totally absorbing experience					
loves music and responds with the whole body					
delights in the shape, feel and texture of things					
Has strong responses to tactile experiences-e.g. play dough					
is moved by beauty in nature					
is extremely sensitive to colours, shapes, designs and textures					
notices differences in aromas and odours					
has intense pleasure or disgust to certain tastes					
shows distress at loud noises					
loves to listen to the sounds of nature					
feels a connection to animals, plants, nature					

**Imaginational**

	Strongly Disagree	Generally Disagree	Neutral	Generally Agree	Strongly Agree
likes to daydream					
has a pretend-world that is very real					
daydreams when bored					
sometimes pretends to be someone else					
can picture things in the mind so vividly that they seem real					
mixes truth and fantasy in their thoughts and relating of events					
enjoys exaggerating reality					
tells long and detailed stories with vivid imagery					
believe that dolls, stuffed animals, or the characters in books, are alive and have feelings					
create unusual images in their mind from hearing words and sounds					
has vivid recall of dreams and nightmares					
has a talent for fantasy					

**Intellectual**

	Strongly Disagree	Generally Disagree	Neutral	Generally Agree	Strongly Agree
is an independent thinker					
can take difficult concepts and translate them into something more understandable					
questions everything – how things work, what things mean, why things are the way they are					
can form a new concept by putting together a number of different things					
observes and analyses everything					
thrive on theories and facts					
loves to solve problems and develop new ideas					
likes to dig beneath the surface of issues					
tries to analyse own thoughts and actions					
likes to play with ideas and tries to think about how to put them to use					

**Emotional**

	Strongly Disagree	Generally Disagree	Neutral	Generally Agree	Strongly Agree
is extremely empathetic					
can feel other people's feelings					
Is intensely sensitivity-appears to over-react to stimulation and people					
worries a lot					
can be so happy that they laugh and cry at the same time					
Is highly emotional and has intense emotional reactions					
has strong feelings of joy, anger, excitement and/or despair					
is deeply concerned about others					
has strong emotions that move them to tears					
can feel a mixture of emotions all at once					
takes everything to heart					

Adapted from Michael Piechowski

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