

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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