

The Kids' Guide to Overexcitabilities

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	True	Not True
Psychomotor Overexcitability		
• You have lots of energy	_____	_____
• You love movement	_____	_____
• You love fast games	_____	_____
• You talk a lot	_____	_____
• You can't sit still	_____	_____
• You bite your nails	_____	_____
Sensual Overexcitability		
• You love to touch things	_____	_____
• You love food	_____	_____
• You love music	_____	_____
• You love sunsets	_____	_____
• You love shopping	_____	_____
• You hate labels in your clothes	_____	_____
Imaginational Overexcitability		
• You can picture things vividly	_____	_____
• You have a great sense of humor	_____	_____
• You like to invent things	_____	_____
• You love fantasy	_____	_____
• You worry a lot	_____	_____
• You like to stretch the truth	_____	_____
Intellectual Overexcitability		
• You are very curious	_____	_____
• You love to read	_____	_____
• You love learning	_____	_____
• You want everything to be fair	_____	_____
• You can concentrate for long periods	_____	_____
• You always want to be right	_____	_____
Emotional Overexcitability		
• You care a lot about other people	_____	_____
• You love animals	_____	_____
• You are very sensitive	_____	_____
• You try to be and do your best	_____	_____
• You are easily frustrated	_____	_____
• You are shy and nervous sometimes	_____	_____