

# Overexcitabilities

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# What are Overexcitabilities?

“Overexcitabilities are inborn intensities indicating a heightened ability to respond to stimuli.

Found to a greater degree in creative and gifted individuals, overexcitabilities are expressed in increased sensitivity, awareness, and intensity, and represent a real difference in the fabric of life and quality of experience.”

[Overexcitability and the Gifted](#)



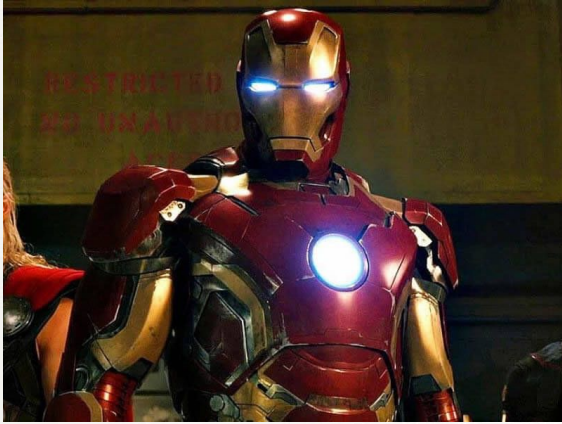
# Overexcitabilities through the years

Early Childhood	Elementary Years	Teenage Years
<ul style="list-style-type: none"><li>● Alert, active baby</li><li>● Sleep less</li><li>● Deep curiosity</li><li>● Highly sensitive to stimuli</li></ul>	<ul style="list-style-type: none"><li>● High energy</li><li>● Strong imagination</li><li>● Emotional range</li><li>● Sense of justice</li><li>● Picky eater</li><li>● Highly sensitive to stimuli</li></ul>	<ul style="list-style-type: none"><li>● Emotional range</li><li>● Deep empathy</li><li>● Need for Understanding</li><li>● Sensitive to stimuli</li><li>● Need for movement</li></ul>





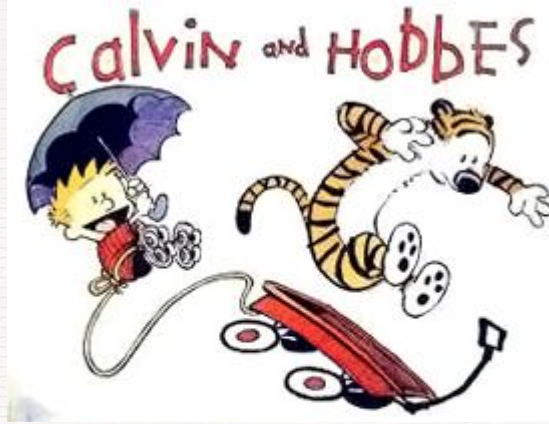
# Overexcitabilities Examples



## Psychomotor

Tony Stark

Highly energetic, enthusiastic about his ideas, talkative, and impulsive.



## Imaginational

Calvin

A vivid imaginary world and a habit of stretching the truth.



## Intellectual

Hermione Granger

Passionate about acquiring knowledge and finding answers to big questions.



# Overexcitabilities Examples



## Sensual

Spiderman

Heightened senses emanating from sight, smell, touch, taste, and/or hearing.



## Emotional

King Julien

Heightened, intense feelings, extreme displays of complex emotions.



# Resources:

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- ★ [Supporting Emotional Needs of the Gifted](#)
- ★ [Overexcitabilities and the Gifted Child](#)
- ★ [Davidson Institute Tips for Parents](#)
- ★ [Byrdseed - Overexcitabilities: Five Unexpected Intensities](#)
- ★ [Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children, Adolescents, and Adults](#)







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# BFA Gifted and Talented Website