

# Overexcitabilities

---



# 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>



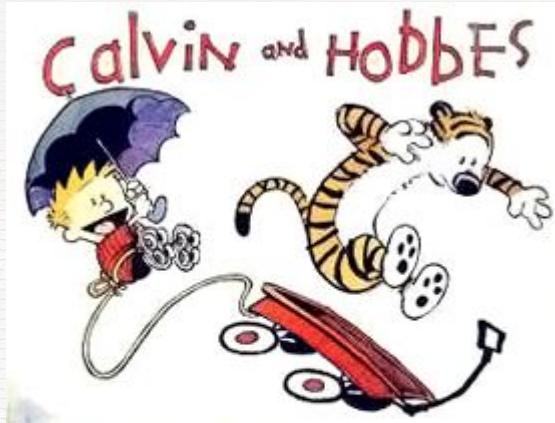
# Overexcitabilities Examples



## 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 Julian

Heightened, intense feelings, extreme displays of complex emotions.



# Resources:

---

- ★ [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](#)





Click here for  
Parent Survey

---

# BFA Gifted and Talented Website