Overexcitability is a term introduced to current psychology by Kazimierz Dąbrowski as part of his theory of positive disintegration (TPD). Overexcitability is a rough translation of the Polish word 'nadpobudliwość', which is more accurately translated as 'superstimulatability' in English.

**The Kids’ Guide to Overexcitabilities**

Instrument by Silverman, 2005

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| --- | --- |
| **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 you nails.
 | **Sensory Overexcitability*** You love to touch things.
* You love food.
* You love music.
* You love sunsets.
* You love shopping.
 |
| **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.
 |  |

**Strategies to Manage Overexcitabilites**

Seela, 2017

**Psychomotor Overexcitability**

Let the student move. Teach Relaxation techniques. Find what soothes the student.

Note: This can masquerade as ADHD! The key to differentiate between OE and ADHD is whether the student can focus when he is interested.

**Sensory Overexcitability** (elsewhere in the literature as Sensual)

Realize the student may be very sensitive to texture, touch (tags in clothing), sound, visuals. Work with it. Teach the student to be responsible for his environment. Give chances to experience whatever he enjoys.

**Imaginational Overexcitability**

Let the student share, invent, and design. Give creative outlets as possible. Help student distinguish between the imaginary and the real (think of Anne of Green Gables).

**Intellectual Overexcitability**

Remember this student devours learning. Give opportunities to concentrate, “go deep” into a topic, share, and problem-solve.

Note: These students can seem to be bored or not paying attention while they are actually “tracking” with you.

**Emotional Overexcitability**

Give outlets for compassion such as food drives or hurricane relief. Listen because these students have deep, complex concerns for the world. Teach positive sharing. Teach, model, and share relationship techniques. “Listen with your whole mind, body, and spirit, as if nothing else at this moment matters as much as this child’s thoughts and feelings.” (Daniels, 2008)