



HIGHLY SENSITIVE CHILD CHECKLIST

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Physical

- dislikes tags, seams, complains clothes are tight, scratchy, or itchy.
- doesn't like hands/face to be wet or dirty, may not notice when they are.
- reacts to loud noises/harsh tone of voice, startles easily, covers ears.
- dislikes fragrance, scents, perfumes, may get sick from strong odors.
- strong gag reflex, preferences or aversions to certain foods/textures.
- may prefer quiet, independent play, or be rougher than other kids.
- lacks energy, or may have trouble sleeping or settling down at bedtime.

Mental

- deep thinker, existential thoughts, worries, overthinks, observant.
- may have an extensive vocabulary, can be a perfectionist, resists change.
- may be quiet or outspoken, smart, witty/dry sense of humor.
- asks "Why?" all the time, asks a lot of questions, sometimes repeatedly.
- can suffer from anxiety, nervousness, or depression, school challenges.
- mature for their age, cautious, may take fewer risks than peers.
- does not like to be watched while doing a task, tests are stressful.

Emotional

- cries easily, meltdowns last beyond toddlerhood, may show little emotion.
- easily angered, intense, overreacting to small things, seems unwarranted.
- rigid, chronically inflexible, defiant, oppositional, or verbally aggressive.
- sensitive to the pain of others, moods may shift quickly and often.
- hesitant to speak in groups, to new people, dislikes crowds, parties. etc.
- seems to be aware of your emotional state and feelings, "reads your mind."
- resists being told what to do, low motivation to start/complete tasks.

Other Sensitivities I Notice

- _____
- _____
- _____

Goals for Our Family

- _____
- _____
- _____

