

# THE REAL CHECKLIST FOR ADHD



# Characteristics of the Gifted

- A. Highly sensitivity
- B. Excessive amounts of energy
- C. Bored easily and may appear to have a short attention span
- D. Requires emotionally stable and secure adults around him/her
- E. Will resist authority if it not democratically oriented
- F. Have preferred ways of learning; particularly in reading and mathematics.
- G. May become easily frustrated because of his/her big ideas and not having the resources or people to assist him/her in carrying these tasks to fruition.
- H. Learns from an exploratory level and resists rote memory and just being a listener.
- I. Cannot sit still unless absorbed in something of his/her own interest.

J. Very compassionate and has many fears such as death and loss of loved ones.

K. If they experience failure readily may give up and develop permanent learning blocks.

Gifted children may also withdraw when they feel threatened or alienated and may sacrifice their creativity in order to "belong". Many children that we test exhibit a high IQ, but they often exhibit "frozen" creativity as well.

Often there is an ability to express their feelings initially. We work to assist the child to become open, flexible and to be able to accept failure by developing higher frustration levels.

Source: The National Foundation for Gifted and Creative Children  
Warwick, RI  
Marie Friedel, Executive Director

