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Intensity Survey for Kids and Families

Name:	Date:
Age:	Grade* ¹ *:
School (or profession):	Advisor/Teacher:

Feeling different ages all at once:

Sometimes people feel or behave as if they were different ages when they are doing different things. You may feel like a 15 year old when you play baseball, but 8 when you read; You may understand high school math but you pout like a three year old when you lose a game. Please do your best to decide the age you behave or feel during these activities in your life, and mark the appropriate box:

	Younger than others my age	My age exactly	A grade or two older than my peers	Much older than others my age
1. Thoughts and Ideas				
2. Vocabulary				
3. Getting along with friends				
4. Sportsmanship (What happens when you lose a game?)				
5. Handwriting				
6. Sports and physical activities				
7. Reading level				
8. Math Skills				

**¹ * Parents and older relatives may choose to take the survey based on your memories from a specific grade, or how you are now.*

Intensity Survey for Kids and Families

Strength in Movement

How true are the following statements for you? Mark the appropriate box.

	Never True	Sometimes True	Often True	Always True!!
1. Playing with an object when a teacher is talking helps me think.				
2. I get tons of energy after lunch.				
3. I love sports or times when I can move my whole body.				
4. I have trouble sitting still in class.				
5. I am cranky when I get home from school, until I have something to eat.				
6. I play with my pencil or something else when the teacher is talking.				
7. I get emotional or irritated before lunch.				
8. I am a foot tapper or a wiggler.				
9. I bite my nails.				
10. I don't need as much sleep as my parents think I should.				
11. People say I talk too fast or too much.				
12. I need to move when I am nervous or upset.				
13. I think I'd listen better if I could stand at the back of the class and work at a high desk.				
14. I like competition.				
15. I have no energy before lunch.				
Other thoughts...				

Intensity Survey for Kids and Families

Strength in the Five Senses

How true are the following statements for you? Mark the appropriate box.

	Never True	Sometimes True	Often True	Always True!!
1. I can smell odors that other's can't (sometimes they don't believe me).				
2. I am a "finder", I can always find something interesting on walks or at the beach.				
3. I remember events when I smell certain things.				
4. I eat when I am upset.				
5. I see shades of colors that others don't seem to notice (like the different greens or blues).				
6. I enjoy the sounds of words.				
7. I can hear when the light bulb is about to burn out.				
8. I don't like many foods because the flavor is so strong.				
9. The feel of mud or finger-paint delights me.				
10. I can often tell what's in a food recipe by tasting it.				
11. I get frustrated when there are too many noises in the classroom.				
12. The humming of the computer and/or CF lights hurts my ears.				
13. I do my work better when I wear earphones and listen to music.				
14. I cut off clothing tags because they irritate me.				
15. The feel of mud or finger-paint really irritates me.				
16. I can tell when a musical instrument is out of tune or slightly off pitch.				
17. I have a hard time doing my work when there are several conversations going on at once.				
18. Sometimes I repeat words to myself just to hear their sounds.				
19. I enjoy different textures on my skin.				
20. I have allergies and or asthma.				
Other thoughts...				

Intensity Survey for Kids and Families

Strength in Imagination

How true are the following statements for you? Mark the appropriate box.

	Never True	Sometimes True	Often True	Always True!!
1. I enjoy being alone because I entertain myself with my thoughts or words.				
2. Teachers think that I can't keep focused.				
3. I have had imaginary friends (not in a silly way).				
4. Sometimes when I get home, I retell an event from school but change some of the details or people to make it more interesting.				
5. I can keep focused if what I am doing is important to me.				
6. I like games where I feel involved in the action and the characters.				
7. I like to make up stories.				
8. My stuffed animals have names and personalities.				
9. When I hear a song, it becomes a "movie in my head."				
10. When I get bored I let my mind wander to something more interesting.				
11. When I read, I picture each character and how they would talk, walk and behave.				
12. I get bored easily.				
13. Sometimes I get confused between what really happened at school and what I think should have happened.				
14. I love art, music and/or dance.				
15. My dreams are very dramatic and/or interesting.				
16. People think I'm a "space cadet," because I become focused on my own thoughts.				
Other thoughts...				

Intensity Survey for Kids and Families

Strength in Feelings

How true are the following statements for you? Mark the appropriate box.

	Never True	Sometimes True	Often True	Always True!!
1. I can sometimes tell how other people are feeling.				
2. People often tell me to “calm down”, “chill” or “get a grip”.				
3. I feel my emotions intensely.				
4. I often misinterpret what others mean.				
5. People call me a crybaby.				
6. I feel the emotions of people all around me and it gets overwhelming.				
7. My feelings get hurt often.				
8. When I am angry I want to hit or break things.				
9. Sometimes when I feel another person’s anger I can’t tell if they are angry at me or someone else.				
10. I worry about world events.				
11. I worry about how others see me.				
12. I get stomach aches, or feel like I will explode, when I am upset.				
13. I don’t like to show others what I am feeling.				
14. I get migraines (really bad headaches).				
15. I have trouble sleeping.				
16. I don’t like change.				
Other thoughts...				

Intensity Survey for Kids and Families

Strength in Curiosity

How true are the following statements for you? Mark the appropriate box.

	Never True	Sometimes True	Often True	Always True!!
1. I have many different interests.				
2. I don't get sarcasm: I expect people to mean what they say.				
3. I have one main interest and I could spend hours each day doing it.				
4. I feel frustrated when the teacher does not go into enough detail on a subject I want to know more about.				
5. I love to read.				
6. I get frustrated when the teacher repeats a lesson for those who don't get it.				
7. I like to learn.				
8. I hate reviewing information if I have already passed the test.				
9. I need to think before I answer questions, which confuses my teachers and parents.				
10. I skip count my multiplication tables.				
11. I get frustrated when people don't understand my logic.				
12. I get frustrated when people don't use precise language.				
13. My friends don't always get my jokes but adults usually do.				
14. I ask "why" or "how" at least once a day.				
15. I often think of ideas that have nothing to do with what the teacher wants me to think about.				
16. I get silly in class because it's more fun than being bored.				
17. I have a hard time following a series of verbal directions (usually because I am thinking about one of them while the next is being said).				
18. It is easier to talk to adults or older friends than my classmates.				
19. I have many different interests.				
Other thoughts...				