

# Characteristics of Highly Sensitive Children

The following experiences and traits are common for highly sensitive children. The pre-teen or teen. . .

- feels emotions deeply and perceives sensory information intensely
- is often overwhelmed by sensory input
- endures sensory overload at school, but often has emotional meltdowns at home
- often withdraws when overwhelmed
- needs support in balancing the nervous system
- is bothered by noisy and intense places
- startles easy
- worries a lot
- prefers quiet play and just a few, select friends
- can be cautious with new experiences
- deals with a lot of anxiety and fear
- needs safety and security
- is a perfectionist
- works very hard, is diligent to a fault
- doesn't like scratchy clothing or labels against the skin
- may be less independent than other children
- dislikes staying away from home
- complains of stomachaches and headaches
- may be physically awkward or tense
- is very sensitive to pain
- is sensitive to discipline or criticism
- is very insightful and intuitive
- is very aware of the feelings and distress of others
- wants to please others
- asks a lot of questions
- is very affected by any changes in the environment
- likes routines and consistency
- has difficulty performing when strangers are watching
- can be very self-conscious