


# Parent Observation Checklist

## *Understanding Your Child's Interests, Strengths, and High Potential Beyond the Classroom*

This checklist is designed to guide your observations of your child in everyday life. Giftedness and high potential often reveal themselves in natural settings; through play, conversations, reactions, and passions. Use this tool to reflect on what you notice and begin to build a fuller picture of your child's emerging abilities.

 Tick the statements that regularly or sometimes apply to your child.

 Add notes where helpful.

### 1. Curiosity and Thinking Style

- My child asks deep or unusual questions beyond what is typical for their age.
- They are curious about how things work, why people behave the way they do, or the meaning behind things.
- They enjoy making connections between unrelated ideas or concepts.
- They often see patterns or inconsistencies that others overlook.
- They prefer open-ended activities over tasks with only one correct answer.
- They show strong opinions or ideas and are eager to explain them.

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## 2. Emotional and Social Awareness

- My child shows strong empathy toward others, animals, or social issues.
- They express concern about fairness, justice, or ethics.
- They feel emotions intensely and may react strongly to criticism or change.
- They form deep attachments to people, ideas, or causes.
- They may prefer the company of older children or adults.
- They are highly aware of social dynamics and may notice when others are uncomfortable or excluded.

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## 3. Creativity and Imagination

- My child frequently invents stories, characters, or fantasy worlds.
- They enjoy role-playing, dramatic expression, or visual art.
- They approach problems in original or unexpected ways.
- They create new games, rules, or designs rather than follow existing ones.
- They enjoy “what if?” questions and imaginative dialogue.
- Their humour is advanced or abstract for their age.

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#### 4. Focus and Intensity

- My child can become deeply absorbed in a task or interest for long periods.
- They may struggle to shift attention when immersed in something they enjoy.
- They become frustrated or impatient when others cannot keep up with their ideas.
- They show perfectionist tendencies or fear of making mistakes.
- They express boredom or resistance when tasks feel too easy or repetitive.

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#### 5. Learning Preferences and Interests

- My child teaches themselves skills or concepts outside school (e.g. coding, chess, music, mechanical tasks).
- They retain and recall detailed information about topics of interest.
- They enjoy complex puzzles, strategy games, or constructing things.
- They are highly motivated by self-chosen projects or research.
- They prefer to explore their own ideas rather than follow instructions.
- They learn more through doing, building, performing, or questioning than through worksheets or passive learning.

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## 6. Physical and Sensory Indicators

- My child shows heightened awareness of sensory input (e.g. textures, sounds, light, clothing discomfort).
- They excel in physical coordination, movement, or rhythm.
- They use body language or hands-on interaction to explore the world.
- They may become overwhelmed in highly stimulating environments.

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## 7. Identity and Self-Awareness

- My child demonstrates strong self-awareness, often reflecting on who they are and how they feel.
- They ask questions about identity, belonging, and purpose.
- They express interest in gender, culture, or social roles in ways that go beyond peer norms.
- They seem driven by a desire to understand their place in the world.
- They experience internal conflict when they feel misunderstood or overlooked.

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## 8. Twice-Exceptionality and Masking

- My child shows strengths in one area but struggles significantly in another (e.g. great verbal reasoning but difficulty with handwriting or attention).
- They may hide their abilities or emotions to blend in socially.
- Their behaviour can seem contradictory, advanced in one moment, overwhelmed in the next.
- Teachers may not recognise the same strengths that I see at home.

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