

Dealing with Your Extra Energy (Hyperactivity)

Objective

To identify ways to manage your hyperactivity.

You Should Know

Do people tell you that you are “hyperactive” or that you have “extra energy?” This might include fidgeting in class, having trouble sitting still, talking too much, or talking too loudly. Extra energy can be helpful in some situations, but other times it can be a problem.

Developing self-awareness is the most important way you can prevent hyperactivity from causing problems in your life and this worksheet can help.

Hyperactivity can show up in many ways. Check off the ones that apply to you:

- Talking too much.
- Interrupting when other people are talking.
- Fidgeting, tapping your feet, or moving around a lot.
- Making jokes constantly or fooling around at inappropriate times.
- Feeling frustrated or impatient when everyone’s just “sitting around.”
- Struggling to “stay put” while doing schoolwork or completing a project.
- Not listening when other people are talking.
- Talking nonstop without noticing others’ reactions.
- Constantly touching or handling things in stores or at people’s homes.
- Staying up late at night – and feeling exhausted during the day.

There are certain things that might trigger these behaviors, including being in a large group of people, feeling nervous or anxious, being excited, or experiencing a new situation.

Sometimes it’s ok to have “extra” energy, but other times it’s not, and you’ll want to find ways to turn your energy down when necessary.

What to Do

Here are some ideas to turn down your hyperactivity. Circle the following strategies you are willing to try.

Take a walk or jog Do a short YouTube yoga video Take deep breaths
Listen to soothing music Listen to a YouTube video of nature sounds Write in your journal
Use a fidget toy or device Chew gum Take frequent breaks

Try one strategy and describe what happened.

Your “extra” energy might actually contribute to a talent. If you like making others laugh, you might be natural at acting or writing jokes. You could take an improv or drama class.

Describe what hidden talents your “extra” energy might uncover.

What can you do to harness your excess energy in a hobby or talent?

Sometimes you might be at a family event or activity where you can’t “burn off” excess energy. Yet you might not be aware when you begin to cross the line. Think of a code word to share with a trusted adult – a word they can use as a signal to you that you’re beginning to enter your “extra energy” zone.

Code word: _____

Who can you share this word with? _____

Describe times this code word might be helpful.

Reflections on This Exercise

What triggers your “extra” energy?

Now, think about other ways you can best manage your “extra” energy.

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
