

What Element is your child?

Please put a check in every box that seems accurate for your child (or you). Results will be tallied on the next page.

A

- Started walking very early as a baby (some even skip the crawling phase)
- Energetic, quick, always on the go, keeps parents busy ;-)
- Adventurous, some seem to have no sense of fear
- First one to go and do something in a group
- Likes to push boundaries and limits with parents, teacher and other authority figures
- Wants to try everything by him/herself
- Likes to win and dislikes to lose, attracted to competitive sports (competition in general)
- Shows great determination and perseverance, goal oriented
- Can get angry and frustrated, loud, shouting, quick tempered and argumentative
- Has trouble staying still and seated in class and mealtimes

B

- Charming, friendly, smily
- Makes friends easily, comfortable around people
- Love being the center of attention and to entertain others by singing, jumping, dancing, performing, telling jokes
- Can be very dramatic, wears her/ his heart on the sleeves
- Loves to have fun, dislikes being serious
- Does things fast - talk, move, think, eat
- Gets hot and cold easily
- Restless, has a hard time relaxing, issues with sleep
- Very artistic, creative, intuitive
- Hard time focusing on one thing, gets distracted easily

C

- Very happy and content in mama's/ daddy's lap as a baby
- Natural caregiver, motivated by helping others
- Enjoys talking to people, singing and humming
- Outgoing but doesn't want to be the center of attention
- Gets worried and upset when others are arguing and don't get along, can manifest in unexplainable stomach aches
- Very loyal to friends and family
- Takes a long time to decide, can't make a decision
- Enjoys cooking, exploring new foods and eating
- Doesn't care about winning or losing, most important is being together
- Loves teamwork

D

- Find comfort in routine and consistency already as babies
- Likes to keep toys and belongings organized
- Will follow rules, gets upset when other people don't go along or don't follow rules
- has a clear sense of boundaries from a young age
- Will try really hard to do it "right" to please authority figures
- Tends to cry/ get teary when corrected, punished, emotional or upset
- May be picky eater due to sensitivity to texture, smell, taste
- Can be sensitive to clothes, like tags in the back, itchy textile like wool,...
- Enjoys completing tasks and checking things off the list
- Loves pattern, logic, puzzles, numbers, alphabet, musical notes, beautiful things, likes to collect specific things

E

- As a child often called "old soul", has maturity beyond her/his age, advanced emotional intelligence
- Easy baby, self soothing, doesn't need a lot of comforting
- May develop slower than other children, take their own time to hit milestones
- Are comfortable being alone, playing hours by themselves
- Enjoys magic, mythology, books, games
- Thinks outside of the box, innovative, has very rich inner world of imagination
- Often doesn't have appropriate sense of time and dislikes being rushed
- Takes a while to warm up to outside of family and close friends
- Timid by nature, scared to try new things and activities
- Prefers to be home and needs time at home after school, social events

Write down how many boxes you checked in each section to see which element(s) most strongly influence your child's physical health, emotional response, and behavioral inclinations:

A _____ B _____ C _____ D _____ E _____
(Wood) (Fire) (Earth) (Metal) (Water)

Read more about each element at goldenlightacupunctureny.com/elements and set up a session with Marika to learn more about how to utilize this wisdom.

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*This survey is not meant to diagnose or treat any conditions.
Please consult your pediatrician if you have any urgent medical questions.*