



SIX FISHES

CHINESE MEDICINE FOR ALL

Six Fishes Pediatric Five-Element Questionnaire

This survey was developed by Robin Ray Green, a leading pediatric acupuncturist. To learn more about her, we recommend purchasing her book [Heal Your Child from the Inside-Out](#).

After you complete her survey, we can work together to help your child be their very best self!

Let's get to know your kid!

* First Name

* Last Name

* Email

* Mobile Phone

Address

City, State, Postal / Zip

Date of Birth

Gender: Refers to current gender which may be different than what is indicated on your insurance policies.

Sex

Male

Female

X

WHAT ARE THE FIVE ELEMENTS?

After thousands of years of observing the Five Elements in the earth's ecosystem, Chinese philosophers applied the Five Elements to the individual ecosystem of our body, mind and spirit. The Five Elements are Wood, Fire, Earth, Metal and Water. Each Element has corresponding physical characteristics, personality traits, strengths, and weaknesses that shape each child's overall health and way of being with the world. One particular way of being will influence the child's personality, health and temperament above all others—their Dominant Element.

Knowing your child's Dominant Element can provide crucial insight into your child's personality and behavior. If you've ever wondered how your child could be so different from you or his/her siblings, it's because each person has a unique Five Element combination. A person's elemental make-up is as unique as a fingerprint and accounts for the inherent differences between family members. Once you understand your child's unique Five Element combination, the insights you gain will help you understand and support your child on a whole new level – like a virtual instruction manual. You can then personalize your parenting to honor your child and bring harmony to your family.

HOW TO TAKE THE QUESTIONNAIRE

To determine your child's Dominant Element, check the questions that apply to your child on a regular basis. Think about how your child acts across multiple settings such as school, social gatherings, sporting events, and home as you check off the characteristics that resonate with your child's way of being in the world. Keep in mind your child's developmental stage and what would be considered age appropriate behavior.

Mark the behaviors that really describe who your child is on a regular basis -- the items that have you saying "Oh YES! That's her!" If it's something that very occasionally or rarely describes your child, don't check it.

Because your child is comprised of all five elements, it's normal to check off characteristics under all five. But, you'll find the majority of your child's characteristics will fall under one or two of the Elements.

READ THE GUIDE FOR TIPS ON SUPPORTING YOUR CHILD'S ELEMENT

After completing the questionnaire, read through the basic Elemental Parenting Guide. In this guide, you'll find out more about the elemental characteristics of your child along with suggestions regarding how to bring out the best in your child. You'll find additional parenting strategies to get you started.

WOOD ELEMENT

- Energetic, always on the go since a very early age
- Curious about how things work
- Likes adventure and exploration
- Seeks movement and stimulation
- Has an intense, driven personality
- Wants to figure out how to do it herself
- Pushes rules and boundaries and tests limits
- Enjoys overcoming obstacles and challenges
- Goal oriented, goes all out to win and dislikes losing
- Enjoys being the leader in a group
- Shows great determination and perseverance
- Argumentative and tenacious when she thinks she's right
- Athletic, with high physical endurance/stamina
- Tends to get angry or frustrated easily
- May resist authority figures, like teachers, parents, etc.
- May not filter thoughtsF communication may be blunt or hurtful to others
- Can forget polite manners (saying please/thank you)
- Competitive, often attracted to team sports
- May have loud and frequent outbursts of anger or strong emotion
- Gets bored easily
- Has trouble sitting still or staying in seat during class
- Figures out things through logic
- Energy level is super active compared with that of other kidsF has a ton of energy
- Motivated to compete and win
- Emotional response to stress is anger, frustration, or quick temper

Total Number Checked _____

FIRE ELEMENT

- Loves being the center of attention
- Enjoys entertaining others—singing, dancing, acting, telling jokes
- Charismatic, charming, friendly, and enthusiastic
- Easily makes friends
- Comfortable in a variety of social settings
- Recharges by being around and talking to others
- Very sensory aware—enjoys touching different textures, playing with colors
- Intuitive learner, or learns best through music, games, and play
- Masters tasks quickly and is ready to move on to the next thing
- Sensitive to others' emotions, thoughts, feelings
- Can be moody and dramatic
- Can be impulsive, or impulsively touches, pulls, or picks at things
- Can have a hard time finishing projects if

bored or if a skill is mastered

- Seeks attention, acknowledgement, and approval from parents and others
- Lives in the moment and doesn't always consider consequences (as appropriate for age)
- When upset, tends toward dramatic outbursts of emotion
- Can have trouble falling or staying asleep
- Is easily overstimulated by television and video games
- Has a hard time winding down afterward
- Gets flushed face or blushes easily
- Does things fast—thinking, talking, moving, eating
- Easily gets hot or sweats
- Is very active has lots of energy compared with other kids
- Motivated by being the star, being adored, having fun, and experiencing new things
- Emotional response to stress is anxiety or overexcitement

Total Number Checked _____

EARTH ELEMENT

- Loves being in a group setting
- Enjoys talking to people and making friends
- Is a natural caregiver or little mother/father
- Gets upset or worried if others are upset or arguing
- Outgoing, but doesn't want to be the center of attention
- Enjoys helping out
- Enjoys singing and humming
- Cares deeply about family, friends,

caregivers, and pets

- Very affectionate—loves to hug, kiss, or be physically close to parents, especially mother
- Attached to parents, teachers, and caregivers can have separation anxiety
- Can get distracted in class due to chatting with or helping others
- Is easygoing and goes with the flow
- Sensitive to others' emotions and feelings
- Gets overwhelmed by details
- Craves sweets and white foods like bread,

crackers, and potato chips

- May soothe emotions through eating, or eats when bored
- Enjoys eating, cooking, or exploring new foods
- Worries can lead to nausea or stomachaches
- Can struggle with obesity or being overweight
- May have difficulty voicing her needs

Total Number Checked _____

METAL ELEMENT

- Sweet, gentle, and easygoing, but also has stubborn side
- Can see the big picture, but also all the details
- Slow to warm up in social settings, but then friendly
- Prefers routines and rhythms in daily life
- Enjoys completing tasks and checking things off a list
- Likes to keep belongings and toys fairly organized (for his age)
- Love for logic, patterns, and puzzles
- Will follow the rules;; you don't have to tell him twice
- Doesn't like to get in trouble
- Sensitive to the environment and others' emotions
- Feels things deeply;; can be easily embarrassed
- Gets upset when routines are disturbed, or doesn't like change
- Will try really hard and wants to "do it right"

Total Number Checked _____

- Learns through context, connections, and relationships
- Tends to mull things over for a while before making a decision
- Motivated by pleasing others
- Energy level can range from very active to active, but needs quiet time
- Emotional response to stress is overthinking, worrying, or having obsessive thoughts

- May have perfectionist tendencies
- Can be stubborn and unbending when his mind is set on something
- Gets upset when others break the rules or don't follow along
- Can get hyperfocused on a task and gets behind on schoolwork
- Is sensitive to tastes, smells, and textures—may be a picky eater
- Tends to cry or become upset if corrected or punished
- Is sensitive to the clothing on his body if it doesn't feel right, such as being bothered by a shirt tag
- Tends toward colds, coughs, or dry or rough skin, especially in the fall
- Tends to have a softer voice than other children
- Active, but enjoys quiet time
- Motivated by pleasing authority figures
- Emotional response to stress is tears, negative thoughts, or fixation on mistakes

WATER ELEMENT

- Quiet, prefers to be in the background of activity
- Attracted to deep thoughts and philosophy, even at a young age
- Has a deep inner strength or wisdom beyond her years
- Often described as an old soul
- Can be reasoned with, since she craves wisdom/knowledge
- Enjoys magic, mythology, and mystical ideas, books, and games
- Innovative;; thinks outside the box
- Very imaginative—can have a very rich inner world
- Learns well using imagination—making up stories, creativity, inner exploration
- Can become withdrawn and depressed
- Easygoing, but can be stubborn at times
- Often does not have an appropriate sense of time and dislikes being rushed
- Can harbor deep fears
- Takes a while to warm up to people outside of family and close friends
- Often quiet and contemplative, sometimes withdrawn
- Prefers to stay at home and needs alone time after school or social activities
- Easily overwhelmed by lots of noise and other environmental stimuli
- Advanced emotional intelligence;; feels deeply
- Excels in a flexible environment with less structure
- Quiet in class, may go unnoticed by teacher
- Mellow, mild-mannered, goes with the flow
- Tends to have a rounder body shape
- Energy level is somewhat active, but needs alone time
- Motivated by a deeper understanding of why or how she benefits
- Emotional response to stress is to withdraw, run away, hide, or create imagined stories

Total Number Checked - _____

DISCOVER YOUR CHILD'S FIVE ELEMENT COMBINATION Write down the scores in the picture below, to see which Elements are shaping your child.

Which one do you think is your child's Dominant Element?

Which one do you think is your child's Influential Element? The Influential Element will have the second highest score.

FIVE-ELEMENT DIAGNOSTIC TEST

The Five-Element Diagnostic Test is designed to help you identify any elemental imbalances your child may have that are contributing to her health challenges. Some symptoms may show up in multiple categories as they may be related to imbalances in more than one Element. After finishing the diagnostic test, you should be able to see which elements overall are out of balance.

For this test, you'll rate symptoms on a scale of 0 to 3. By applying a rating of severity, you'll get a more accurate score that reflects the health of each element. Apply your rating to symptoms that your child currently has, or those she's had in the past that tend to recur. Don't rate symptoms that have appeared in the past, but haven't occurred since. You'll be able to best help your child if you focus on her current symptoms and patterns.

Rating Scale

0 = Never

1 = Mild

2 = Occasional or Moderate 3 = Frequent or Severe

WOOD IMBALANCES

Excess:

Headaches, especially at the temples or top of head
Migraines

Muscle spasms

Red, irritated eyes

Restlessness, difficulty sitting still Heartburn, ulcers

Uncomfortable or foul-smelling gas Oily,
acne-prone skin

Irritability, frustration

Quick temper and/or angry outbursts Defiance

Hyperactivity

Impulsive behavior

Irritable bowel syndrome

Score _____

Deficiency:

Fatigue

Eyestrain

Blurry vision

Insomnia, difficulty falling asleep, or light sleeping

Environmental or food allergies

Food intolerances

Difficulty digesting gluten/dairy

Nausea or vomiting, especially when upset Painful
gas

Depression with anger and frustrated feelings

Tendency to bruise

Score _____

FIRE IMBALANCES

Excess:

Overexcitement
Anxiety or panic
Dread or fear
Tendency to blush, flushing Sweating
Sores on mouth, lips, or tongue
Rashes, hives
Speech problems such as stuttering or difficulty with articulation
Insomnia, excessive dreaming, nightmares, restless sleep
Mood swings, quick temper
Inability to think straight, feelings of being overwhelmed, difficulty making decisions
Hyperactivity
Impulsivity

Score _____

Deficiency:

Tiredness, lack of stamina
Lack of focus, distractibility
Feelings of being scattered or overwhelmed
Mental and emotional disorders
Forgetfulness, confusion
Light sleep that's easily disturbed by ambient sounds Sweating, spontaneous sweating
Fears of rejection and other phobias
Need for adoration and friendship
Poor circulation
Anemia

Score _____

EARTH IMBALANCES

Excess:

Digestive problems, especially gas, bloating, constipation
Recurrent abdominal pain or stomach upset, ulcers
Low or high blood sugar
Overweight, obesity
Emotional eating, overeating
Nausea or vomiting
Thick mucus in sinuses
Headache with heavy feeling, related to worry or conflict
Heaviness in the head or limbs

Score _____

Deficiency:

Weak joints
Tiredness, difficulty getting started
Constant hunger, overeating Craving for sweets after meals Low appetite
Belching/Hiccups
Tooth decay
Soft muscles or poor muscle tone
Sugar cravings
Easily tires, lack of endurance
Loose stools or diarrhea
Nervous stomach leading to urgent bowel movements Overthinking, racing thoughts
Worry
Self-esteem issues

METAL IMBALANCES

Excess:

Stiff muscles, lack of flexibility
Hypersensitivity to taste, touch, smells, and sounds
Easily triggered gag reflex
Dry skin, hair, nails
Acute eczema, rashes, or hives
Chronic stuffy nose
Shortness of breath, wheezing
Cough, croup, stridor
Asthma
Allergies
Sinus problems
Ear infections
Enlarged tonsils
Constipation with dry stools

Score _____

WATER IMBALANCES

Excess:

Difficulty falling asleep
Fears, especially fear of the dark
Bladder infections
Kidney stones
Hypersensitivity to light and loud sounds
Coarse or brittle hair
Tendency to be frightened, excessive fears or phobias
Lack of appropriate fear
Sweating and feeling hot at night
Dry nose or throat

Score _____

Deficiency:

Chronic food and environmental allergies
Colds that rapidly go to chest
Frequent illness or upper respiratory tract infections
Chronic runny nose
Chronic eczema and/or psoriasis
Irritable bowel syndrome
Tendency to get infections—sinus, skin, nose, chest
Sensory processing disorders
Dry nose or mouth
Throat clearing
Weak or soft voice

Score _____

Deficiency:

Lack of focus, poor memory and retention
Disconnection, inattention
Cold hands and feet
Tendency to tire out, low stamina
Need for more sleep than average Bedwetting
Delayed milestones
Cavities, poor bone or tooth development
Backache or knee pain
Delayed closure of the fontanelle
Hearing problems
Genetic conditions (all) Cognitive impairment
Dark circles under the eyes

Score _____

FIVE ELEMENT DIAGNOSTIC TEST SCORING:

List the two elements that had the highest scores. These are the elements you want to focus on rebalancing first.

- 1.
- 2.

Now that you know which Elements need balancing you can review the information in Chapters 4 – 7 in *Heal Your Child from the Inside Out*. These chapters will help you figure out your next steps. Then you can add those steps into your child's Healing Program in the next section.

We are grateful to Robin Ray Green, L.Ac. for her extraordinary work with children. We thank her for her permission to use her work to help your children

About Robin

Robin Ray Green is a licensed acupuncturist and herbalist and a leading expert in the field of pediatric acupuncture. She holds a Master's in Traditional Chinese Medicine from the prestigious Five Branches University in Santa Cruz, California. Robin has over ten years clinical experience helping children with asthma, allergies and eczema heal using Chinese medicine. She maintains a private clinical practice in Morgan Hill, California where she lives with her husband and two boys.

A published Hay House author, Robin's book, [Heal Your Child from the Inside Out: The 5-Element Way to Nurturing Healthy, Happy Kids](#), was released October 2016.

Her popular kid's health blog, now at robinraygreen.com, has over 1 million visitors annually and she runs a directory to connect parents to pediatric acupuncture specialists at www.kidsloveacupuncture.com. Robin founded the Center for Advanced Acupuncture Pediatrics, which provides premier pediatric acupuncture training worldwide.

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