

Looking at Temperament

Please rate your own temperament on the line with an "X."

- 1) Activity level: *How active is the child generally, from an early age?*
(Very active) _____ (Not active)
- 2) Rhythmicity/regularity: *How predictable is the child's pattern of sleep, appetite, etc.?*
(Very rhythmical) _____ (Not rhythmical)
- 3) Persistence: *Does the child stay with something she likes? How persistent is he when he wants something?*
(Very persistent) _____ (Nonpersistent)
- 4) Sensitivity to stimuli: *How does the child react to sensory stimuli?*
 - Taste
(Very sensitive) _____ (Not sensitive)
 - Auditory
(Very sensitive) _____ (Not sensitive)
 - Visual
(Very sensitive) _____ (Not sensitive)
 - Olfactory (smell)
(Very sensitive) _____ (Not sensitive)
 - Tactile (touch)
(Very sensitive) _____ (Not sensitive)
- 5) Quality of mood: *What is the child's basic mood? Do positive or negative reactions dominate?*
(Happy) _____ (Generally Sad)
- 6) Distractibility: *How easily is the child distracted? Can she pay attention?*
(Very distractable) _____ (Hard to distract)
- 7) Approach/withdrawal: *What is the child's response to newness – new places, people, food, clothes.*
(Very reluctant) _____ (Enjoys new situations)
- 8) Intensity: *Does the child seem to experience passionate emotions – get "locked in" to anger or delight?*
(Very intense) _____ (Mild Reaction)
- 9) Adaptability: *How does the child deal with transitions and changes?*
(Adapts easily) _____ (difficult to adapt)