

TEMPERAMENT SCALE

ACTIVITY LEVEL	highly active, always seems to be "on the go"	1 2 3 4 5 6 7	calm and content, inactive most of the time
ADAPTABILITY	adapts easily to change	1 2 3 4 5 6 7	does not adapt easily to change
REGULARITY	eating, sleeping, and bathroom habits are regular	1 2 3 4 5 6 7	eating, sleeping, and bathroom habits are irregular
SENSITIVITY	highly sensitive to pain, sounds, light, and temperature	1 2 3 4 5 6 7	not overly sensitive to pain, sounds, light, and temperature
DISTRACTIBILITY	easily distracted, unable to ignore distractions	1 2 3 4 5 6 7	highly focused, not easily distracted
MOOD	overall positive mood, usually pleasant and happy	1 2 3 4 5 6 7	overall negative mood, often angry, cries often
PERSISTENCE	sticks with projects until they are done, doesn't give up	1 2 3 4 5 6 7	does not stick with projects until they are done, gives up easily
INTENSITY	emotional reactions are intense, even exaggerated	1 2 3 4 5 6 7	emotional reactions are mild, low-key
APPROACH/ WITHDRAWAL	willing to try new things, comfortable in social situations	1 2 3 4 5 6 7	unwilling to try new things, withdraws in social situations