

## TEMPERAMENT SCALE

Use this scale to determine where your child falls with regards to each of the nine elements of temperament. These elements are your child's inborn ways of reacting to people and changes in the environment. Understanding these elements will give you insight into how your child will react in various situations or under particular circumstances.

<b>ACTIVITY LEVEL</b>	highly active, always seems to be "on the go"	1	2	3	4	5	6	7	calm and content, inactive most of the time
<b>ADAPTABILITY</b>	adapts easily to change	1	2	3	4	5	6	7	does not adapt easily to change
<b>REGULARITY</b>	eating, sleeping, and bathroom habits are regular	1	2	3	4	5	6	7	eating, sleeping, and bathroom habits are irregular
<b>SENSITIVITY</b>	highly sensitive to pain, sounds, light, and temperature	1	2	3	4	5	6	7	not overly sensitive to pain, sounds, light, and temperature
<b>DISTRACTIBILITY</b>	easily distracted, unable to ignore distractions	1	2	3	4	5	6	7	highly focused, not easily distracted
<b>MOOD</b>	overall positive mood, usually pleasant and happy	1	2	3	4	5	6	7	overall negative mood, often angry, cries often
<b>PERSISTENCE</b>	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
<b>INTENSITY</b>	emotional reactions are intense, even exaggerated	1	2	3	4	5	6	7	emotional reactions are mild, low-key
<b>APPROACH / WITHDRAWAL</b>	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