

Temperament Worksheet

Complete one worksheet for each child. Have your partner complete one for each child, too. Compare your answers with each other and discuss where you don't have the same views of your child.

Temperament Traits	Our Child's Level
<p>ACTIVITY</p> <p>Low Activity – this child is laid back and content to watch others be active.</p> <p>High Activity – these children are the squirmers. Even as babies they wave their arms, kick their legs and wriggle their bodies non-stop. These children are always on the go.</p>	<p>Low High</p> <p>1 2 3 4 5 6 7 8 9 10</p>
<p>ADAPTABILITY:</p> <p>Low Adaptability – this child finds it hard to move from one part of their day to the next.</p> <p>High Adaptability – these children transition from one activity to the next with no problem. They accept your leadership and easily go from sleep to wake, from house to car or from playtime to bathtime.</p>	<p>Low High</p> <p>1 2 3 4 5 6 7 8 9 10</p>
<p>APPROACH:</p> <p>Low Approach – this child is shy – very tentative in new situations.</p> <p>High Approach – these children are very enthusiastic about new people and new situations. They seem bold!</p>	<p>Low High</p> <p>1 2 3 4 5 6 7 8 9 10</p>
<p>DISTRACTIBILITY:</p> <p>Low Distractibility – this child doesn't notice much. These children don't easily stop what they're doing—no matter how enticing the distraction might be!</p> <p>High Distractibility – these children are easily sidetracked from one thing to another. In extreme cases they have Attention Deficit Disorder.</p>	<p>Low High</p> <p>1 2 3 4 5 6 7 8 9 10</p>

<p>INTENSITY: Low Intensity – this child is mellow and calm. High Intensity – these children are the big responders. They squeal delightedly with happiness and shriek with despair.</p>	<p>Low High 1 2 3 4 5 6 7 8 9 10</p>
<p>PERSISTENCE: Low Persistence – this child gives up easily in face of failure. High Persistence – these children continue to do what they want—even when they’re faced with obstacles.</p>	<p>Low High 1 2 3 4 5 6 7 8 9 10</p>
<p>POSITIVITY/ MOOD: Low Positivity – this child is serious and more difficult to please. These children find it hard to have a positive attitude when they experience a setback. High Positivity – these children are just generally sunny, cheerful and resilient in the face of setbacks.</p>	<p>Low High 1 2 3 4 5 6 7 8 9 10</p>
<p>REGULARITY: Low Regularity – this child is hard to predict. It’s difficult to tell when they’re hungry or tired. High Regularity – these children seem to have internal clocks that keep them on a predictable schedule, and they don’t like to deviate!</p>	<p>Low High 1 2 3 4 5 6 7 8 9 10</p>
<p>SENSITIVITY: Low Sensitivity – this child is blissfully unaware of things that bother others. These children don’t easily pick up on interpersonal signals. High Sensitivity – these children react strongly to even mild lights, sounds, textures, tastes and pain. They are super sensitive to even mild stimuli, and are profoundly distressed by thunderstorms or wet diapers.</p>	<p>Low High 1 2 3 4 5 6 7 8 9 10</p>