

RATE YOUR TEMPERAMENT

NAME _____

Directions: Rate yourself on the following criteria.

TRAITS	1 - LOW	2- AVERAGE	3 – HIGH
ACTIVITY LEVEL energy level	Laid back, content, can sit & listen	A little of both low & high	On the go, non-stop, energetic
ADAPTABILITY accept changes in routine, people	Doesn't deal well with change	A little of both low & high	Transition easily to new people & activities
APPROACH New situations, people	Shy, very tentative in new situations	A little of both low & high	Very enthusiastic, eager for new situations
DISTRACTIBILITY Aware of what's going on around child	Isn't distracted by what's going on around him/her	A little of both low & high	Easily sidetracked
INTENSITY Strength of reaction	Mellow and calm	A little of both low & high	Big responders when either happy or sad
PERSISTENCE Determination to complete tasks	Gives up on tasks, gets frustrated easily	A little of both low & high	Wants to continue until task is accomplished
POSITIVITY Quality of mood	Serious and difficult to please	A little of both low & high	Generally sunny, cheerful, resilient
REGULARITY Routine, pattern of behavior	Child is hard to predict	A little of both low & high	Has an internal clock, predictable schedule.
SENSITIVITY To senses in environment or feelings of people	Unaware how others feel, don't like hugging, enjoys bright lights, loud music, can sleep through noise.	A little of both low & high	Reacts strongly to lights, sounds, textures and pain. ie, thunderstorms, wet diapers

Calculate Score: What is your score?

Give yourself 1 point for each Low Trait, 2 points for each Average Trait and 3 points for each High Trait.

Interpret your score:

9 – 14 points = Slow to Warm Up or Cautious Temperament

15 – 21 points = Easy or Flexible Temperament

22 – 27 points = Active or Challenging Temperament