Handout #6
The Temperament Assessment Scale for Children

By answering the following questions for each child, you can increase your understanding of the temperaments of the children you serve. Refer to Handout #4 to help complete the scale.

1. **Activity Level.** How much does the child wiggle and move around when being read to, sitting at a table, or playing alone?

   High Activity  1  3  5  Low Activity

2. **Regularity.** Is the child regular about eating times, sleeping times, amount of sleep needed, and bowel movements?

   Regular  1  3  5  Irregular

3. **Adaptability.** How quickly does the child adapt to changes in her or his schedule or routine? How quickly does the child adapt to new foods and places?

   Adapts quickly  1  3  5  Slow to adapt

4. **Approach/Withdrawal.** How does the child usually react the first time to new people, new foods, new toys, and new activities?

   Initial approach  1  3  5  Initial withdrawal

5. **Physical Sensitivity.** How aware is the child of slight noises, slight differences in temperature, differences in taste, and differences in clothing?

   Not sensitive  1  3  5  Very sensitive

6. **Intensity of Reaction.** How strong or violent are the child's reactions? Does the child laugh and cry energetically, or does she or he just smile and fuss mildly?

   High intensity  1  3  5  Mild reaction

7. **Distractibility.** Is the child easily distracted, or does she or he ignore distractions? Will the child continue to work or play when other noises or children are present?

   Very distractible  1  3  5  Not distractible

8. **Positive or Negative Mood.** How much of the time does the child show pleasant, joyful behavior compared with unpleasant crying and fussing behavior?

   Positive mood  1  3  5  Negative mood

9. **Persistence.** How long does the child continue with one activity? Does the child usually continue if it is difficult?

   Long attention span  1  3  5  Short attention span
### Handout #7

#### Your Temperament Assessment Scale

By answering the following questions for yourself, you can increase your understanding of your own temperament.

1. **Activity Level.** How much do you need to move around during the workday? Can you sit through a long meeting without wiggling?
   - High Activity 1 3 5 Low Activity

2. **Regularity.** How regular are you in your eating, sleeping and elimination habits?
   - Regular 1 3 5 Irregular

3. **Adaptability.** How quickly do you adapt to a change in schedule or routine, a new place or food?
   - Adapt quickly 1 3 5 Slow to adapt

4. **Approach/Withdrawal.** How do you react the first time to new people, new places, activities or tools?
   - Initial approach 1 3 5 Initial withdrawal

5. **Physical Sensitivity.** How aware are you of slight differences in noise level, temperature, or touch?
   - Not sensitive 1 3 5 Very sensitive

6. **Intensity of Reaction.** How strong are your reactions?
   - High intensity 1 3 5 Mild reaction

7. **Distractibility.** Are you easily distracted?
   - Very distractible 1 3 5 Not distractible

8. **Positive or Negative Mood.** How much of the time do you show pleasant, joyful behavior compared with unpleasant or grouchy moods?
   - Positive mood 1 3 5 Negative mood

9. **Persistence.** How long will you continue with a difficult task?
   - Long attention span 1 3 5 Short attention span
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