

## 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
---------------------	---	---	---	----------------------

# Transparency/Handout #8

## Chart of Temperament Traits

Chart developed by Janet Poole, Faculty, Program for Infant/Toddler Care

	Low Activity	Irregularity	Slow to Adapt	Withdraws	High Sensitivity	Mild Reaction	Low Distractibility	Negative Mood	Low Persistence
5									
4									
3									
2									
1	High Activity	Regularity	Adapt Quickly	Approaches	Low Sensitivity	High Intensity	High Distractibility	Positive Mood	High Persistence
	High Level	Biological Rhythms	Adaptability	Approach/Withdraw	Sensitivity	Intensity of Reaction	Distractibility	Quality Mood	Persistence

