

Temperament Scale

Use this scale to determine where your child falls with regards to each of the nine elements of temperament. These elements are y our 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.

Activity Level	High activity level	1 2 3 4 5 6 7 8 9 10	Low activity level
Mood	Generally happy and cheerful	1 2 3 4 5 6 7 8 9 10	Generally angry and irritable
Distracibility	Highly focused, good concentration	1 2 3 4 5 6 7 8 9 10	Easily distracted, Unfocused
Persistence	Sticks with a task or challenge to the end	1 2 3 4 5 6 7 8 9 10	Gives up easily, doesn’t complete tasks
Adaptability	Adjusts quickly to change	1 2 3 4 5 6 7 8 9 10	Struggles with change
Approach-Withdrawal	Outgoing and sociable	1 2 3 4 5 6 7 8 9 10	Withdrawn and non-social
Intensity of Reaction	Relaxed and easy to console	1 2 3 4 5 6 7 8 9 10	Easily upset, difficult to console
Regularity	Predictable habits (eating, sleeping, elimination)	1 2 3 4 5 6 7 8 9 10	Unpredictable habits, non-regular
Physical Sensitivity	Unbothered by external stimuli (such as light, sounds, textures, temperature, taste, etc.)	1 2 3 4 5 6 7 8 9 10	Overly sensitive to external stimuli (such as light, sounds, textures, temperature, taste, etc.)