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
## Chart of Temperament Traits

<table>
<thead>
<tr>
<th>Trait</th>
<th>High Level</th>
<th>Low Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological Rhythms</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Adapt Quick</td>
<td>Slow to Adapt</td>
</tr>
<tr>
<td>Sensitivity</td>
<td>Low</td>
<td>High</td>
</tr>
<tr>
<td>Intensity of Reaction</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Distractibility</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Quality of Mood</td>
<td>Positive</td>
<td>Negative</td>
</tr>
<tr>
<td>Persistence</td>
<td>High</td>
<td>Low</td>
</tr>
</tbody>
</table>

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