TEMPERAMENT ASSESSMENT SCALE FOR CAREGIVERS and CHILD

(You can use the same one for both, using a different color for each assessment OR print out two forms, one for each person.)

By answering the following questions for yourself, you can increase your understanding of your own temperament. Plot your responses on the accompanying graph.

**Activity Level**

How much do you wiggle and move around when reading, sitting at a table, watching television, etc?

 1 2 3 4 5

 High Activity Low Activity

**Biological Rhythms/Rhythmicity**

Are you regular about eating times, sleeping times, amount of sleep needed and bowel movements?

 1 2 3 4 5

 Regular Irregular

**Adaptability**

How quickly do you adapt to changes to your schedule or routine? How quickly do you adapt to new foods or places?

 1 2 3 4 5

 Adapts Quickly Slow to Adapt

**Approach/Withdrawal**

How do you usually react the first time to new people, new foods and new activities?

 1 2 3 4 5

 Approaches Withdrawn

**Sensitivity/Sensory Threshold**

How aware are you of slight noises, slight differences to temperature, differences in tasks and differences in clothing?

 1 2 3 4 5

 Low Sensitivity High Sensitivity

**Intensity of Reaction**

How strong or violent are your reactions? Do you laugh or cry energetically, or do you just smile and fret mildly?

 1 2 3 4 5

 High Intensity Mild Reaction

**Distractibility**

Are you easily distracted, or do you ignore distractions? Will you continue to work or stay engaged when other noises or people are present?

 1 2 3 4 5

 High Distractibility Low Distractibility

Quality of Mood

How much of the time do you show pleasant, joyful behavior compared with upset and agitated behavior?

 1 2 3 4 5

 Positive Mood Negative Mood

Persistence

How long do you continue with one activity? Do you usually continue if it is difficult?

 1 2 3 4 5

 High Persistence Low Persistence