



## Temperament Scale

**Directions:** Before beginning, take time to observe your child at home, at school, and with friends. Talk to other people who know him. Be sure to focus on all behaviors, not just those that seem problematic. After gathering information, rate your child on each of the nine traits. Place an X along the continuum where you believe he fits. Refer back to *How Does Temperament Affect My Child's Behavior?* <<http://www.schwablearning.org/articles.asp?r=495>> to review the descriptions, if necessary. Remember the **whole** scale represents a normal temperament range — high and low do not necessarily mean “dysfunctional.”

**Activity Level:** amount of physical energy

Low Energy ←-----/-----> High Energy  
AVERAGE

**Sensitivity:** sensory threshold

Low sensitivity ←-----/-----> High Sensitivity  
AVERAGE

**Regularity:** rhythm or predictable recurrence of daily activities or routines

Low Predictability ←-----/-----> High Predictability  
AVERAGE

**Approach/Withdrawal:** initial reaction to new situations.

Withdraws ←-----/-----> Approaches  
AVERAGE

**Adaptability:** length of time needed to adjust to new situations

Slow to Adapt ←-----/-----> Adapts Easily  
AVERAGE

**Mood:** general tendency toward a happy or unhappy demeanor.

Negative ←-----/-----> Positive  
AVERAGE

**Intensity:** amount of energy put into responses.

Less Responsive ←-----/-----> More Responsive  
AVERAGE

**Persistence:** ability to stick with a task in spite of distractions or frustration.

Low Persistence ←-----/-----> High Persistence  
AVERAGE

**Distractibility:** tendency to be sidetracked by outside noise or interruptions.

Highly Distractible ←-----/-----> Not Distractible