

By answering the following questions for each child, you can increase your understanding of the temperaments of the children you serve. Plot your responses on the accompanying graph using different colors for each child in your care.

[illegible]

Is the child regular about eating times, sleeping times, amount of sleep needed, and bowel movements?

1	2	3	4	5	6	7	8	9	10
Regular								Irregular	

How quickly does the child adapt to changes in her or his schedule or routine? How quickly does the child adapt to new foods or places?

1	2	3	4	5	6	7	8	9	10
Adapt Quickly								Slow to Adapt	

How does the child usually react the first time to new people, new foods, new toys, and new activities?

1	2	3	4	5	6	7	8	9	10
Approaches								Withdraws	

**SENSITIVITY / SENSORY THRESHOLD**

How aware is the child of slight noises, slight differences in temperature, differences in taste, and differences in clothing?

1	2	3	4	5	6	7	8	9	10
Low Sensitivity								High Sensitivity	

**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?

1	2	3	4	5	6	7	8	9	10
Mild Reaction								High Intensity	

**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?

1	2	3	4	5	6	7	8	9	10
Low Distractibility								High Distractibility	

**QUALITY OF MOOD**

How much of the time does the child show pleasant, joyful behavior compared with crying and fussing behavior?

1	2	3	4	5	6	7	8	9	10
Positive Mood								Negative Mood	

**PERSISTENCE**

How long does the child continue with one activity? Does the child usually continue if it is difficult?

1	2	3	4	5	6	7	8	9	10
Low Persistence								High Persistence	