

TEMPERAMENT SCALE

Low Activity – this person is laid back and content to watch others be active.

High Activity – these people are the squirmers and always on the go.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Adaptability – this person finds it hard to move from one part of their day to the next.

High Adaptability – these people transition from one activity to the next with no problem. They accept your leadership and easily go from sleep to wake.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Approach – this person is shy – very tentative in new situations.

High Approach – these people are very enthusiastic about new people and new situations. They seem bold!

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Distractibility – this person doesn't notice much. These people don't easily stop what they're doing—no matter how enticing the distraction might be!

High Distractibility – these people are easily sidetracked from one thing to another. In extreme cases they have Attention Deficit Disorder.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Intensity – this person is mellow and calm.

High Intensity – these people are the big responders. They squeal delightedly with happiness and shriek with despair.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Persistence – this person gives up easily in face of failure.

High Persistence – these people continue to do what they want—even when they're faced with obstacles.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Positivity – this person is serious and more difficult to please. These people find it hard to have a positive attitude when they experience a setback.

High Positivity – these people are just generally sunny, cheerful and resilient in the face of setbacks.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Regularity – this person is hard to predict. It's difficult to tell when they're hungry or tired.

High Regularity – these people seem to have internal clocks that keep them on

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Sensitivity – this person is blissfully unaware of things that bother others. These children don't easily pick up on interpersonal signals.

High Sensitivity – these people react strongly to even mild lights, sounds, textures, tastes and pain. They are super sensitive to even mild stimuli.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Adjusted from Parents2Parents handout.

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LINK TO TEMPERAMENT VIDEO:

<https://www.youtube.com/watch?v=gp3LmoAcfPA>