

Temperament Continuum

Directions: Place the initials of each of the children in your care on the continuum for each trait based on your observations and discussions with the child's family.

Activity Level

Very Active

Wiggle and squirm, difficulty sitting still

Not Active

Sit back quietly, prefer sedentary activities

Distractibility

Very Distractible

Difficult Concentrating
Difficulty paying attention when engaged in an activity
Easily distracted by sounds or sights during activities

Not Distractible

High degree of Concentration
Pays attention when engaged in an activity
Not easily distracted by sounds or sights during activities

Intensity

Very Intense

Intense positive and negative emotions
Strong reactions

Not Intense

Muted emotional reactions

Regularity

Very Regular

Predictable appetite, sleep patterns, elimination

Not Regular

Unpredictable appetite, sleep patterns, elimination

Sensory Threshold

High Threshold

Not sensitive to physical stimuli including sounds, tastes, touch, temperature changes

Low Threshold

Sensitive to physical stimuli including sounds, tastes, touch, temperature changes
Picky eater, difficulty sleeping in strange crib/bed

Approach/Withdrawal

Tendency to Approach

Eagerly approaches new situations or people

Tendency to Withdraw

Hesitant or resistant when faced with new situations, people, or things

Adaptability

Very Adaptable

Transitions easily to new activities and situations

Difficulty Adapting

Has difficulty transitioning to new activities or situations

Persistence

Persistent

Continues with a task or activity in the face of obstacles
Doesn't become frustrated easily

Easily Frustrated

Moves on to a new task or activity when faced with obstacles
Gets frustrated easily

Mood

Positive Mood

Reacts to the world in a positive way, generally cheerful

Serious Mood

Reacts to situations negatively, mood is generally serious

ZERO TO THREE: Retrieved from worldwideweb http://www.zerotothree.org/site/PageServer?pagename=kay_temp June 11, 2009

Dimensions of temperament (found in several places and merged/adapted).

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Thomas, Chess, Birch, Hertzog, & Korn, 1963.



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Where do I find more information on temperament?

See the CSEFEL web site (<http://www.vanderbilt.edu/csefel>) for additional resources.

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