**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**  
- **AVERAGE**  
- **High Energy**

**Sensitivity:** sensory threshold

- **Low sensitivity**  
- **AVERAGE**  
- **High Sensitivity**

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

- **Low Predictability**  
- **AVERAGE**  
- **High Predictability**

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

- **Withdraws**  
- **AVERAGE**  
- **Approaches**

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

- **Slow to Adapt**  
- **AVERAGE**  
- **Adapts Easily**

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

- **Negative**  
- **AVERAGE**  
- **Positive**

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

- **Less Responsive**  
- **AVERAGE**  
- **More Responsive**

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

- **Low Persistence**  
- **AVERAGE**  
- **High Persistence**

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

- **Highly Distractible**  
- **AVERAGE**  
- **Not Distractible**