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TEMPERAMENT TRAITS

Child's Name: _____ Age: _____

Completed By: _____ Date: _____

Please circle the number that best describes your child's temperament traits.

High activity and energy levels 1 2 3 4 5 Low energy
and rarely fidgety

Intense whether they are happy or mad 1 2 3 4 5 Mostly
quiet and reserved

Easily approaches new people or situations 1 2 3 4 5 Initially
resists new things

Adapts quickly to change 1 2 3 4 5 Resists change, takes weeks or
months to adapt

Sensitive to light/sound/temperatures/textures 1 2 3 4 5 Unaffected by
surroundings

Remains on task regardless of difficulty 1 2 3 4 5 Moves from one activity
to another

Precise internal clock (eat, sleep, toilet at same time) 1 2 3 4 5 Irregular
internal clock

Born happy, cheerful, and optimistic 1 2 3 4 5 -
Often irritable and upset

Easily distracted by surrounding activities 1 2 3 4 5
Rarely distracted