

Temperament Identification Worksheet

At What Levels Does The Child Exhibit The Nine Temperamental Traits?

How Can Adults Create A Better "Fit" Between Child's Temperament and Child's Environment?

Trait	I Will Make These Changes
Activity Level (Circle one: Hi, Med, Low) Notes:	
Regularity (Circle one: Hi, Med, Low) Notes:	
Withdrawal/Acceptance (Circle one: W or A) Notes:	
Adaptability (Circle one: Hi, Med, Low) Notes:	

Trait	Changes Adults Can Make To Impact “Fit”
Sensory Threshold (Circle one: Hi, Med, Low) Notes:	
Intensity of Response (Circle one: Hi, Med, Low) Notes:	
General Mood (Circle one: Positive or Negative) Notes:	
Distractibility (Circle one: Hi, Med, Low) Notes:	
Persistence in Activity (Circle one: Hi, Med, Low) Notes:	