



TEMPERAMENT SCALE

Circle the number that *generally* describes this child *most* of the time. Note: No child responds exactly the same way to every circumstance.

1) **ACTIVITY / ENERGY:** Physical motion during sleep, eating, play, dressing, bathing – What amount of energy would you say your child has? Does he/she jump, run, use whole body to feel good?

1	2	3	4	5
Low energy, quiet, sleeps in one place, likes time alone, plays quietly				Always moving even when sitting, high energy, very active

2) **RYTHMICITY / REGULARITY:** How regular is this child re: physiologic functions such as eating times, sleeping times, amount of sleep required, elimination etc.

1	2	3	4	5
Needs routine, highly predictable schedule / eats, sleeps on a schedule				Very irregular, can't predict the eating, falling asleep, elimination schedule

3) **APPROACH / WITHDRAWAL OR FIRST REACTION:** What is the child's initial reaction to new people, activities, ideas, going somewhere new, etc.?

1	2	3	4	5
Immediately approaches, jumps right in learns by doing, no trouble with new requests open to new activities, people				Withdraws at first, watches before joining in, learns by watching, distressed by new activities or things, says no initially

4) **ADAPTABILITY:** How quickly does this child *adapt* to changes in their schedule, etc.? How quickly does this child modify their reactions in a desired way?

1	2	3	4	5
Adapts quickly, easily stops one activity and begins another, is flexible needs little help				Adapts very slowly, may reject help needs set schedules, may be upset by surprises, upset with changes of activities

5) INTENSITY: How strong are this child's emotional reactions – negative or positive?

1	2	3	4	5
Mild reaction, can work through a problem Without becoming frustrated, soft tones and physical responses			Intense reactions, intense sound and physical reaction, all reactions powerful	

6) MOOD: The amount of happy, contented mood vs. cranky, serious analytical mood expressed by your child.

1	2	3	4	5
Usually friendly, pleasant most of the time regardless of the situation / wakes up happy			Generally serious, analytical, appears unfriendly at times, noticed from babyhood	

7) PERSISTENCE: Does this child tend to stay involved in an activity and can he / she stop easily if redirected or does he / she fight to continue? The length of time particular activities are pursued by the child regardless of the obstacles.

1	2	3	4	5
Child is easily redirected in another activity can stay focused during activity, may fuss temporarily, can accept no			Child is extremely persistent, won't be redirected easily, won't let go of an idea, won't take no for an answer	

8) DISTRACTIBILITY / PERCEPTIVENESS: Does this child notice details such as people, colors, noises, objects around them and get distracted by other things that have caught his / her attention?

1	2	3	4	5
Child stays on task, can walk by external stimulus without becoming involved, remembers and completes multiple directions easily			Very perceptive, notices details, gets caught in pursuing interesting side activities, forgets multiple instructions	

9) SENSORY THRESHOLD / SENSITIVITY: How does this child respond to slight noises, differences in temperature, emotions, taste, textures, smells, etc.? Does he / she react to scratchy clothing, irritating noises, your stress?

1	2	3	4	5
Child is not particularly sensitive, can sleep through noises, eats anything, wears anything does not notice smells, appears unaware of your stress			Very sensitive to taste, light, sounds clothing textures, your stress, picky eater reacts strongly to the way things feel	

This scale was adapted from the material published by Thomas and Chess and material published by Mary Sheedy Kucinka.

1) add up the scores for this child. Use Mary Sheedy Kucinka's outcome scores:

9 – 16 = COOL KID / EASY CHILD 19 – 28 = SPUNKY / MODERATE CHILD 29 – 45 = SPIRITED KID / DIFFICULT CHILD