## Temperament

### My Child’s Personal Style

- **My child’s activity level is**
  - quiet _____________________________ very active

- **My child’s emotional intensity is**
  - calm _____________________________ very reactive

- **My child adapts to change**
  - very easily _____________________________ with difficulty

- **My child gets frustrated and distracted**
  - not at all _____________________________ very easily

- **My child approaches new situations, people & places**
  - very easily _____________________________ very cautiously

- **My child’s mood is**
  - happy/positive _____________________________ unhappy/negative
My Personal Style

• My activity level is
  quiet ___________________________ very active

• My emotional reactions are
  calm ___________________________ very intense

• I adjust to change
  very easily ___________________________ with difficulty

• I get frustrated and distracted
  not at all ___________________________ very easily

• I approach new situations, people & places
  very easily ___________________________ very cautiously

• My mood is generally
  happy / positive ___________________________ unhappy / negative