

## Temperament

<u>My Child's Personal Style</u>		
• 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