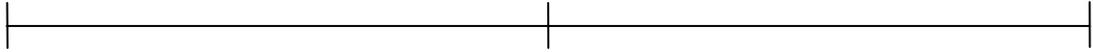
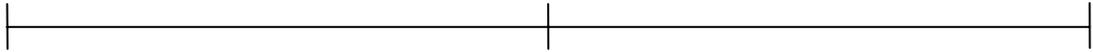
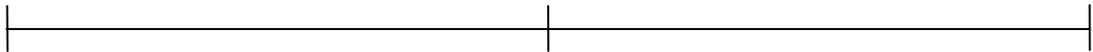
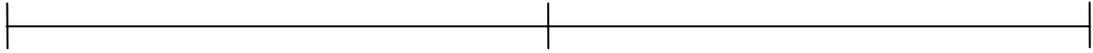


Temperament Scale

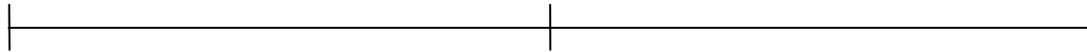
Using a coloured marker, put an X on the line to show where **you** think you are for each characteristic. With a different coloured marker, put an X on the line to show where you feel **your child** is for each characteristic.

Activity Level: How active are you? How active is your child?	
	
Low Activity Level: Enjoys quiet activities such as reading, doing crafts or watching movies.	High Activity Level: Enjoys fast-paced activities such as running, playing ball or ice skating.
Sensory Sensitivity: How sensitive are you to touch, tastes, smells, sounds and lights? How sensitive is your child?	
	
Low Sensitivity: Sleeps through noise, eats most foods, not sensitive to smells, textures or bright lights.	High Sensitivity: Wakes easily to noise, does not eat most foods, does not like loud and crowded places, sensitive to lights and textures.
First Reaction: How do you respond to new places, people and situations? How does your child usually respond?	
	
Uncomfortable: Needs time to get used to new places, people and situations.	Comfortable: Quickly gets used to new places, people and situations.
Intensity of Reactions: How do you respond when you are excited or upset? How does your child usually respond?	
	
Mild Response: Reacts and expresses feelings calmly when happy or upset. For example, smiles when excited.	Strong Response: Express feelings strongly and loudly when happy or upset. For example, screams when excited.



Temperament Scale

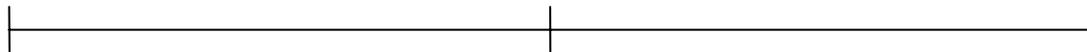
Persistence: How would you describe your attention span? How would you describe your child's?



Short Attention Span: Easily frustrated, moves on to a new activity quickly.

Long Attention Span: Not easily frustrated, stays with an activity for a long period of time even if it is difficult.

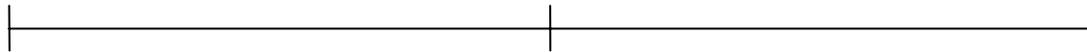
Distractibility: Are you easily distracted, or are you able to ignore distractions? How distractible is your child?



Easily Distracted: Has trouble focusing on an activity with noise and other people around, moves from one activity to the next without finishing the first activity.

Not Easily Distracted: Can focus on an activity with noise and other people around, likes to finish one task before moving on to another.

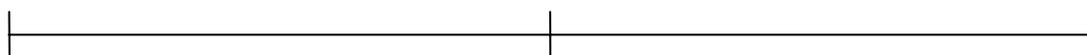
Adaptability: How easily do you adapt to changes in your schedule or routine? How easily does your child adapt?



Slow to Adapt: Upset by changes in routines, has difficulty changing from one activity to another.

Adapts Quickly: Easily gets used to changes in routines, can easily stop and start activities.

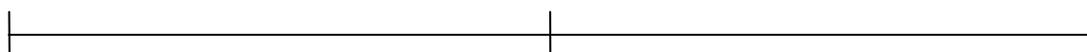
Regularity of Patterns: Do you have regular eating, sleeping and toileting patterns? How regular are your child's patterns?



Irregular: Eating, sleeping and toileting patterns are different everyday.

Regular: Eating, sleeping and toileting patterns are usually the same everyday.

Mood: How would you describe your mood? How would you describe your child's mood?



Low Mood: More serious, cries and whines easily.

High Mood: Usually happy, smiles and laughs often.

