Temperament Continuum

Directions: Place the initials of each of the children in your care on the continuum for each trait based on your observations and discussions with the child's family.

Trait	Continuum	
Activity Level	**Very Active** Wiggle and squirm, difficulty sitting still	**Not Active** Sit back quietly, prefer sedentary activities
Distractibility	**Very Distractible** Difficulty concentrating Difficulty paying attention when engaged in an activity Easily distracted by sounds or sights during activities	**Not Distractible** High degree of concentration Pays attention when engaged in an activity Not easily distracted by sounds or sights during activities
Intensity	**Very Intense** Intense positive and negative emotions Strong reactions	**Not Intense** Muted emotional reactions
Regularity	**Very Regular** Predictable appetite, sleep patterns, elimination	**Not Regular** Unpredictable appetite, sleep patterns, elimination
Sensory Threshold	**High Threshold** Not sensitive to physical stimuli including sounds, tastes, touch, temperature changes	**Low Threshold** Sensitive to physical stimuli including sounds, tastes, touch, temperature changes Picky eater, difficulty sleeping in strange crib/bed
Approach/ Withdrawal	**Tendency to Approach** Eagerly approaches new situations or people	**Tendency to Withdraw** Hesitant or resistant when faced with new situations, people, or things
Adaptability	**Very Adaptable** Transitions easily to new activities and situations	**Difficulty Adapting** Has difficulty transitioning to new activities or situations
Persistence	**Persistent** Continues with a task or activity in the face of obstacles Doesn't become frustrated easily	**Easily Frustrated** Moves on to a new task or activity when faced with obstacles Gets frustrated easily
Mood	**Positive Mood** Reacts to the world in a positive way, generally cheerful	**Serious Mood** Reacts to situations negatively, mood is generally serious

ZERO TO THREE: Retrieved from worldwideweb http://www.zerotothree.org/site/PageServer?pagename=kay_temp June 11, 2009 Dimensions of temperament (found in several places and merged/adapted).
WestEd. (1995). The Program for Infant Toddler Caregivers' (PITC) Trainers Manual, module 1: Social-emotional growth and socialization (p.21). Sacramento, CA: California Department of Education. Thomas, Chess, Birch, Hertzig, & Korn, 1963.

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