



TEMPERAMENT TREASURE HUNT



Rules of this game: Walk around and talk to one person at a time. See if you can find someone who fits each of the following descriptions. Write her/his name next to the description. A name can only be used once.

Can you find Someone Who....

1. Whose foot is always wiggling: _____
2. Is a party animal: _____
3. Loves having lots of alone time: _____
4. Is shy among strangers but not after getting to know them: _____
5. Can't stand tight collars & turtlenecks: _____
6. Loves being "on the go" from sunup to sundown: _____
7. Cries easily at sad movies: _____
8. Thinks he/she is a "klutz": _____
9. Enjoys sitting and watching TV for hours: _____
10. Thinks he/she is a calm person most of the time: _____
11. Likes spending days off with people: _____
12. Doesn't get "ticked off" easily: _____
13. Enjoys traveling to different locations: _____
14. Likes to participate in physical sports/activities: _____
15. Is resistant to try new foods: _____
16. Doesn't like to start a project unless they can finish it: _____
17. Enjoys listening to a radio while working: _____
18. Likes to go to bed at the same time every night: _____
19. Is usually in an upbeat & happy mood: _____
20. Feels they "never meet a stranger": _____



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PARENT: _____

DATE: _____

Name: _____

THE TEMPERAMENT ASSESSMENT SCALE – HANDOUT (You)

By answering the following questions for yourself, you can increase your understanding of your own temperament.

1. Activity Level: How much do you need to move around during the workday? Can you sit through a long meeting without wiggling?

Active 1 3 5 Quiet

2. Regularity: How regular are you in your eating, sleeping, and elimination habits?

Regular 1 3 5 Irregular

3. Adaptability: How quickly do you adapt to a change in schedule or routine, a new place or food?

Adapts quickly 1 3 5 Slow to adapt

4. Approach/Withdrawal: How do you react the first time to new people, places, activities, or tools?

Initial approach 1 3 5 Initial withdrawal

5. Physical Sensitivity: How aware are you of slight differences in noise level, temperature, or touch? Certain clothing materials?

Not sensitive 1 3 5 Very sensitive

6. Intensity of Reaction: How strong are your reactions?

High intensity 1 3 5 Mild reaction

7. Distractibility: Are you easily distracted?

Very distractible 1 3 5 Not distractible

8. Positive or Negative Mood: How much of the time do you show pleasant, joyful behavior compared with unpleasant, negative or grouchy moods?

Positive mood 1 3 5 Negative mood

9. Persistence: How long will you continue with a difficult task, pursue something challenging or work towards something that important to you when the odds are against you.

High Persistence 1 3 5 Low persistence

Staff Signature/date _____



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Child: _____

Date: _____

THE TEMPERAMENT ASSESSMENT SCALE FOR CHILDREN HANDOUT

By answering the following questions for each child, you can increase your understanding of the temperaments of the children you serve.

1. Activity Level: How much does the child wiggle and move around when reading to, sitting at a table, during activities or playing?

Active 1 3 5 Quiet

2. Regularity: Is the child regular about eating times, sleeping times, amount of sleep needed, and bowel movements?

Regular 1 3 5 Irregular

3. Adaptability: How quickly does the child adapt to changes in her or his schedule or routine? How quickly does the child adapt to new foods and places? Are they rigid or easy going?

Adapts quickly 1 3 5 Slow to adapt

4. Approach/Withdrawal: How does the child usually react the first time to new people, new foods, new toys, and activities:

Initial approach 1 3 5 Initial withdrawal

5. Physical Sensitivity: How aware is the child of slight noises, slight differences in temperature, differences in taste, and differences in clothing? Are they a picky eater.

Not sensitive 1 3 5 Very sensitive

6. Intensity of Reaction: How strong or violent are the child's reactions? Does the child laugh and cry energetically, or does she or he just smile and fuss mildly?

High intensity 1 3 5 Mild reaction

7. Distractibility: Is the child easily distracted, or does she or he ignore distractions? Will the child continue to stay on task with work or play when there are distractions or other things that could grab their attention.

Very distractible 1 3 5 Not distractible

8. Positive or Negative Mood: How much of the time does the child show pleasant, joyful behavior compared with negative complaining behavior?

Positive mood 1 3 5 Negative mood

9. Persistence: How long does the child continue with one activity? Does the child usually continue if it is difficult? Will they take redirection without much of an argument or do they push their back not giving up easily.

High Persistence 1 3 5 Low persistence



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Name: _____

Date: _____

THE TEMPERAMENT ASSESSMENT SCALE FOR (adults) HANDOUT

By answering the following questions about an adult you know or work with, you can increase your understanding of the temperaments

1. Activity Level: How much does the individual need to move about through the day. Can they sit without wiggling, tapping their foot or pen? Are they an active person?

Active	1	3	5	Quiet
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2. Regularity: Is the individual regular about eating times, sleeping times, amount of sleep needed, and break times?

Regular	1	3	5	Irregular
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3. Adaptability: How quickly does the individual adapt to changes in their schedule, work changes, changes in environment or routine? How quickly does the individual adapt overall to any change? Are they rigid or do they go with the flow?

Adapts quickly	1	3	5	Slow to adapt
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4. Approach/Withdrawal: How does the individual react the first time to new people, speak in group activities, talking or presenting in front groups of people:

Initial approach	1	3	5	Initial withdrawal
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5. Physical Sensitivity: How aware is individual of slight noises, slight differences in temperature, differences in taste, and differences in clothing, new foods are they a picky eater?

Not sensitive	1	3	5	Very sensitive
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6. Intensity of Reaction: How strong or reactive are the individual's reactions.

High intensity	1	3	5	Mild reaction
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7. Distractibility: Is the individual easily distracted, or does she or he ignore distractions? Will the individual continue to work when other noises or distractions are present?

Very distractible	1	3	5	Not distractible
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8. Positive or Negative Mood: How much of the time does the individual show pleasant, joyful behavior compared with complaining negative behavior or attitude?

Positive mood	1	3	5	Negative mood
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9. Persistence: How long does the individual pursue a position they are taking? Does the individual usually continue if it is difficult, they are challenged or there are roadblocks of the goal?

High Persistence	1	3	5	Low persistence
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S: /forms/Temperament Assess Scale for Children #6 10/2004 en/sp

Staff Signature/date _____

Name: _____

Date: _____

CHART OF TEMPERAMENT TRAITS

	Low Activity	Irregularity	Slow to Adapt	Withdraws	High Sensitivity	Mild Reaction	Low Distractibility	Negative Mood	Low Persistence
5									
4									
3									
2									
1									
	High Activity	Regularity	Adapts Quickly	Approaches	Low Sensitivity	High Intensity	High Distractibility	Positive Mood	High Persistence
	Activity Level	Biological Rhythms	Adaptability	Approach/Withdraw	Sensitivity	Intensity of Reaction	Distractibility	Quality Mood	Persistence