

# Temperament Scale

Mark where you fall for each trait on the temperament scale. What insight does this give you into the way that you handle transitions?

Then think about a particular child, staff member, or family member whose reactions to transitions are challenging for you. While you may not know for sure, mark where you think they might fall on the scale for each trait. Does this give you any insight into how you might help them transition more smoothly?

Very  
Active



Not Active

Very  
Distractible



Not  
Distractible

Very  
Intense



Not  
Intense

Very  
Regular



Not  
Regular

High  
Sensory  
Threshold



Low  
Sensory  
Threshold

Tendency  
to  
Approach



Tendency  
to  
Withdraw

Very  
Adaptable



Difficulty  
Adapting

Persistent



Easily  
Frustrated

Positive  
Mood



Serious  
Mood