THE TEMPERAMENT ASSESSMENT SCALE FOR CHILDREN

By answering the following questions for your child, you can increase your understanding of your child's temperament.

1. **Activity Level.** How much does the child wiggle and move around when being read to, sitting at a table, or playing alone?
   - 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?
   - 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 new 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?
   - 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 work or play when other noises or children are present?
   - 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 unpleasant crying and fussing 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?
   - Long attention span  1 3  5  
   - Short attention span