Handout 6.4

Identifying Temperament

Activity Level	
• Very low	In constant motion
Distractibility	
Very easily distractible	Very focused
Intensity of Emotional Reaction	
Low reactor	Big reactor
Regularity of Biological Functions	
Very irregular	Very regular
Sensory Threshold	
Low threshold	High threshold
Approach/Withdrawal	
Very cautious	Jumps right ir
Adaptability	
Adapts easily to change	Change is very difficul
Persistence	
Frustrates very easily	Very persisten
Mood	
Very negative	Very positive
Adapted from Lerner & Dombro, 2005.	