

Temperament Checklist

Child's name:

What is their energy level?

- high energy
- medium energy
- low energy

How do they feel about change?

- likes changes
- can accept changes
- does not like changes

How do they feel about other people?

- enjoys people and likes to play with other children
- sometimes enjoys people; sometimes like to play alone
- likes to play by themselves

What are your child's feelings?

- usually happy, pleasant
- is sometimes happy, sometimes sad
- often either unhappy or sad

What is your child's will-power like?

- strong-willed; likes to lead
- medium-willed
- gentle; likes to follow

How's your kid organized?

- likes to be very neat
- is neat sometimes
- is usually messy

Understanding your child's temperament will give you an idea of where your child needs help and where they are doing OK on their own. All of these temperaments are normal and they have benefits. A child with high energy and a strong-will could grow up to be a leader. A child with low energy may be content to play by themselves frequently. You can help your child work with their temperament!