

Temperament Worksheet

Put an “X” where you are and a “O” where your child is. For example, if most of the time you have high energy and your child has low energy, you would mark the chart like this: Low energy — X ———— O — High energy

Low energy	—————	High energy
Likes change	—————	Does not like change
Likes people and playing with them	—————	Likes to play by themselves
Happy mood	—————	Unhappy mood
Likes to lead	—————	Likes to follow
Neat	—————	Messy

1. When are the Xs and Os in the same spots? These are areas where you and your child probably get along best.

2. When are the Xs and Os in different spots? These are areas where you and your child may have a hard time understanding each other.

3. Which of your own traits will you work to improve?

4. How will you help your child improve some of their traits?
