A WORKSHEET TO IDENTIFY A CHILD'S TEMPERAMENT

1 Read through the lists on pages 98–101, checking any statements you observe are true of the child.

DOES	THE	CHIL	D
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•				
	ПΙ	alk, sing, or make noise, even when no one is listening?		
	☐ Speak up without coaxing in unfamiliar situations?			
•••		ingage with strangers?		
••••	□ S	hare thoughts and opinions freely, even without being asked?		
••••	1 1	Motivate others to act? (Do they take on roles like club captain or playground ringleader?)		
••••		Put their feelings into words (e.g., "This is so fun!" or "I'm mad at ou.")?		
••••		Get described as loud?		
••••	1 1	struggle with "personal space" (e.g., standing too close, ouching things they shouldn't)?		
••••	Tend toward swift, over-the-top reactions like anger or excitement?			
••••	☐ Get attention in class by being helpful or disruptive?			
••••	☐ Like to be first (e.g., to raise a hand, participate, or tell a story)?			
•	• • •	TOTAL EXTROVERT SCORE (Count Checkmarks)		

DOES THE CHILD...

•	• • •	
		Play or work well alone?
		Keep close to family when around unfamiliar people or circumstances?
		Process internally or take their time before replying?
		Find contentment in lengthy solitary activities (e.g., reading, drawing, or doing puzzles)?
		Keep their opinions and thoughts to themselves until asked?
		Withhold or guard emotions? (Do you have to ask, "What's the matter?")
		Tend to avoid eye contact, especially with new faces?
		Often observe from afar, hesitant to join in with others?
		Get described as shy?
		Second-guess decisions or change their mind after making a choice?
		Seldom show enthusiasm? (Do you have to ask, "Are you having fun?" or "Did you have a good time?")
	• • •	
		TOTAL INTROVERT SCORE (Count Checkmarks)

CONTINUED ON NEXT PAGE ...

A WORKSHEET TO IDENTIFY A CHILD'S TEMPERAMENT, CONTINUED

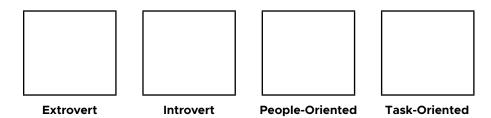
DOES THE CHILD...

•	
	☐ Prefer being in physical proximity to others?
	☐ Demonstrate thoughtfulness?
	☐ Invite and include others, even if they don't know them well?
••••	☐ Have a warm, friendly, approachable demeanor?
••••	Make decisions by feelings? (Do they worry what others will think?)
	☐ Tell you about their friends (often going into long, lively stories)?
	☐ Forgive easily?
	☐ Go along with the crowd (i.e., defer to the ideas of others)?
••••	Leave tasks unfinished (like giving up on a book or a game before the end)?
••••	Thrive in collaborative settings (e.g., team sports or group projects)?
••••	☐ Gladly talk with anyone?
•	TOTAL PEOPLE-ORIENTED SCORE (Count Checkmarks)

DOES THE CHILD...

	TOTAL TASK-ORIENTED SCORE (Count Checkmarks)		
☐ Tell you information, facts, and opinions without hesitation?			
	Enjoy creating lists and systems, figuring out the best way to do something?		
	Resist admitting mistakes or forgiving others?		
	Usually succeed, even if something takes a lot of time or effort?		
	Get described as a hard worker?		
	Form deep friendships? (Is their social circle small but loyal?)		
	Tell you about their accomplishments (often going into great detail)?		
	Make decisions by logic (to the exclusion of others' feelings)?		
	Easily grasp and remember details?		
	Thrive when there's a plan to follow?		
	☐ Take pride in finishing things (like books, games, even chores)?		

2 RECORD THE CHILD'S SCORES



3 DETERMINE THE CHILD'S TEMPERAMENT

Use these equations to begin zeroing in on a possible temperament for the child.

6	•	
Extrovert Score	People-Oriented Score	Sanguine Score
•	•	
Extrovert Score	Task-Oriented Score	Choleric Score
•	•	
Introvert Score	Task-Oriented Score	Melancholic Score
	•	
Introvert Score	People-Oriented Score	Phlegmatic Score

The highest score indicates the child's *possible* temperament. The best way to know for sure is to continue observing but, hopefully, this gives you a good head start.



Sanguine/Yellow

Child speaks the language of people and fun.



Choleric/Red

Child speaks the language of power and control.



Melancholic/Blue

Child speaks the language of order and perfection.



Phlegmatic/Green

Child speaks the language of calm and harmony.

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