Handout 6.4*

Identifying Temperament

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