

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 CHILD...



Talk, sing, or make noise, even when no one is listening?



Speak up without coaxing in unfamiliar situations?



Engage with strangers?



Share thoughts and opinions freely, even without being asked?



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 you.”)?



Get described as loud?



Struggle with “personal space” (e.g., standing too close, touching 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...



Take pride in finishing things (like books, games, even chores)?



Thrive when there's a plan to follow?



Easily grasp and remember details?



Make decisions by logic (to the exclusion of others' feelings)?



Tell you about their accomplishments (often going into great detail)?



Form deep friendships? (Is their social circle small but loyal?)



Get described as a hard worker?



Usually succeed, even if something takes a lot of time or effort?



Resist admitting mistakes or forgiving others?



Enjoy creating lists and systems, figuring out the best way to do something?



Tell you information, facts, and opinions without hesitation?



TOTAL TASK-ORIENTED SCORE
(Count Checkmarks)

CONTINUED ON NEXT PAGE →

2 RECORD THE CHILD'S SCORES

Extrovert

Introvert

People-Oriented

Task-Oriented

3 DETERMINE THE CHILD'S TEMPERAMENT

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

$$\begin{array}{ccc} \dots\dots\dots & + & \dots\dots\dots \\ \textit{Extrovert Score} & & \textit{People-Oriented Score} \end{array} = \text{Sanguine Score}$$

$$\begin{array}{ccc} \dots\dots\dots & + & \dots\dots\dots \\ \textit{Extrovert Score} & & \textit{Task-Oriented Score} \end{array} = \text{Choleric Score}$$

$$\begin{array}{ccc} \dots\dots\dots & + & \dots\dots\dots \\ \textit{Introvert Score} & & \textit{Task-Oriented Score} \end{array} = \text{Melancholic Score}$$

$$\begin{array}{ccc} \dots\dots\dots & + & \dots\dots\dots \\ \textit{Introvert Score} & & \textit{People-Oriented Score} \end{array} = \text{Phlegmatic Score}$$

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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