

About My **Yellow** Child

Here are a few things to know about how

_____ is wired so this year can be a success.
child's name

My child is an external processor. They don't think before they speak.

You might find that they...

- Speak up right away and *then* figure out what they're trying to say.
- Raise their hand or shout out before you've finished asking the question.
- Inadvertently dominate conversations or interrupt others.

My child is people-oriented. They like connecting with others more than completing tasks.

You might find that they...

- Talk with classmates and struggle to stay focused on work.
- Would rather collaborate with others than work alone.
- Enjoy having others' attention and may become a distraction in order to earn it.

These are some of my child's strengths.

- Great storyteller
- Full of energy
- Joyful
- Expressive, animated
- Curious
- Makes friends easily
- Imaginative
- Encouraging
- Shows emotions openly
- Spontaneous

These are some of my child's struggles.

- Chatty
- Rambunctious, wiggly
- Loud
- Short attention span, forgetful
- Easily excitable
- Doesn't like doing things alone
- Dramatic
- Interrupts, answers for others
- Likes to be the center of attention
- Easily influenced



To motivate my child and bring out their best...

- **Match their enthusiasm.** They respond well to fun, adventure, and excitement and will inspire classmates to join in too.
- **Give them outlets for their energy.** They focus best after they've burned off some energy—at recess, P.E. class, or with brain breaks, for example.
- **Compliment them.** They crave approval.
- **Reward them with attention.** If there's an acceptable time for them to be the center of attention, they are less likely to be a distraction during class.
- **Promote their creativity.** They forget overly detailed instructions and do best when given room to be creative.

It will likely demotivate my child if you...

- **Insist on silence or stillness.** The most effective way to get them to be quiet and calm is to give them acceptable ways/times to be restless.
- **Don't offer opportunities for attention.** They are a better listener once they've had the chance to talk.
- **Keep them from friends or fun.** They struggle if they don't get opportunities to be social—for example, by being kept from recess or lunch with classmates.
- **Publicly correct them.** They care about what others think of them.
- **Give overly detailed instructions** – They are likely to skip or forget long, wordy instructions.

If you could partner with me to develop my child in one area it would be ...

Gauging Innate Needs

Use this exercise to gauge how *full* or *empty* a child's innate needs are right now.

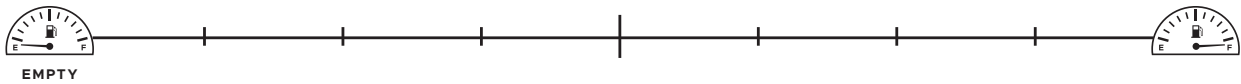
Directions

- Find and mark the four scales for the child's likely temperament. *(You can ignore the gauges for the other three temperaments.)*
- When you're finished, consider these questions:
 - Did the definitions/statements change the way you think about any of the child's needs? If so, how?
 - Did this exercise reveal any of the child's need(s) that you may have been overlooking? What is one way you could start filling that need?

SANGUINE YELLOW

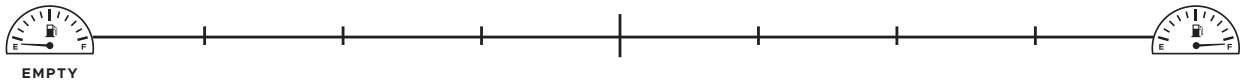
Need: Approval

They feel liked for who they are, flaws and all.



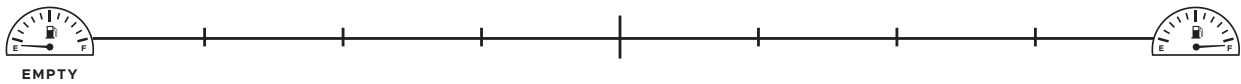
Need: Acceptance

They are often included or invited by others.



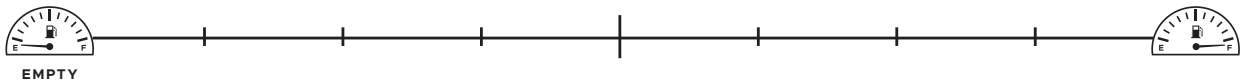
Need: Attention

Others give them focused attention and eye contact when they're talking.



Need: Affection

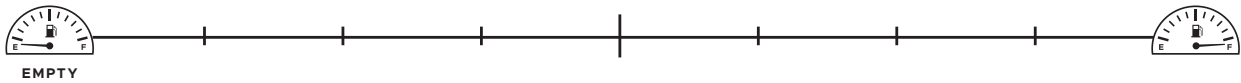
They feel seen and celebrated when they're nearby.



CHOLERIC RED

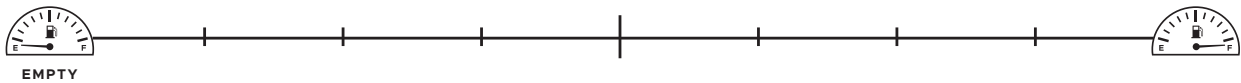
Need: Loyalty

They feel like the people closest to them have their back.



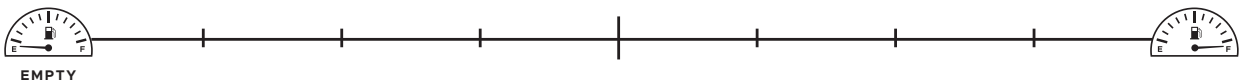
Need: Sense of Control

They are given the freedom to come up with plans, and others typically cooperate.



Need: Appreciation

They are celebrated for their unique contributions (at home, at school, and in friendships).



Need: Credit for Work

The effort they give to tasks is noticed and appreciated.

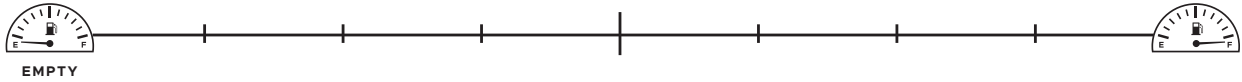


Gauging Innate Needs

MELANCHOLIC BLUE

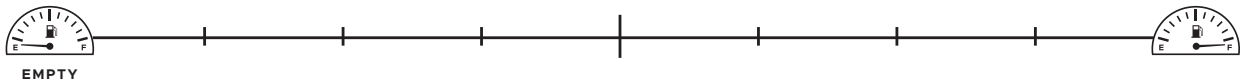
Need: Safety

They feel protected by and able to trust those closest to them.



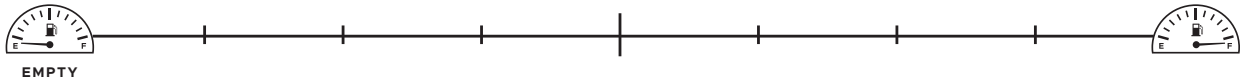
Need: Sensitivity

Others are considerate of their feelings.



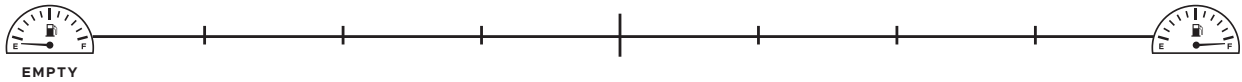
Need: Support

Others notice when they need help and offer it.



Need: Space and Silence

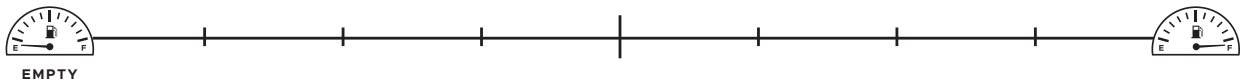
They have time each day that is uninterrupted by noise or people.



PHLEGMATIC GREEN

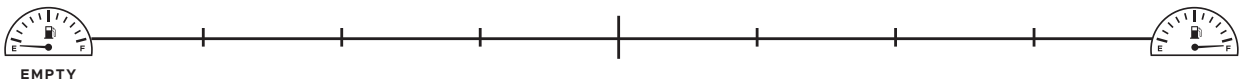
Need: Harmony

They are not engaged in conflict, and everyone around them is getting along.



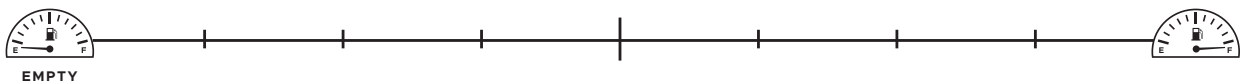
Need: Feeling of Worth

They are celebrated for their unique talents and traits.



Need: : Lack of Stress

They have time each day to relax and not feel pressured by anyone else.



Need: Respect

Others ask for and value their thoughts and opinions.

