

About My **Blue** 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 **internal processor. They think before they speak.**

You might find that they...

- Don't respond right away to questions—especially if they are unsure of the answer.
- Hesitate to join class discussions.
- Need to be invited to share their thoughts.

My child is **task-oriented. They like the satisfaction of accomplishing things.**

You might find that they...

- Resist moving on before they've fully completed a task.
- Would rather work alone than collaborate with others.
- Typically complete work on time and with excellence, and may get frustrated when they fall short.

These are some of my child's **strengths.**

- Sensitive, emotional
- Creative
- Able to stay focused and calm
- Honest
- Aware of others' feelings
- Thrives with structure and routine
- Problem solver
- Compassionate
- Logical, methodical
- Perfectionist

These are some of my child's **struggles.**

- Can be moody
- Has trouble bouncing back
- Lacks self-confidence
- Shy, guarded
- Struggles when plans change
- Too focused on mistakes
- Can be overwhelmed by crowds, noise
- Hard to please or make happy
- Worried, fearful, overly cautious
- Hesitant to start, spends too much time planning



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

- **Encourage and believe in them.** They will often rise to the occasion if you tell them you think they can achieve something.
- **Be sensitive to their emotions.** Responding empathetically to their emotions helps them move on faster than being cheered up.
- **Be kind in your criticism.** They are deeply sensitive to falling short of expectations and will be hard on themselves when it happens.
- **Offer support.** They may not speak up to ask for help when they need it, but will welcome it when it's offered.
- **Give them time to warm up.** They are often cautious until they get to know and trust others.

It will likely demotivate my child if you...

- **Change plans or routines.** They thrive with predictable routines and may struggle when plans change—especially without notice.
- **Overlook them.** They may come across as shy or reserved, but they want to be noticed and included.
- **Pressure them.** They are their own toughest critic and will respond better to encouragement than critique.
- **Don't give them time to process and perfect.** They like to fully think things through before speaking up or moving on.
- **Have too much noise or chaos.** They can be overwhelmed by crowds and noise (e.g., all-school assemblies) and may need time to recover afterwards.

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.

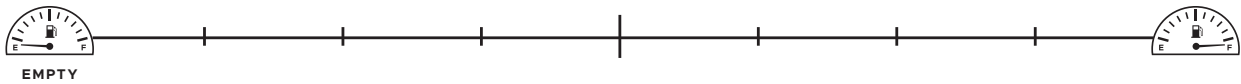
Directions

- 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

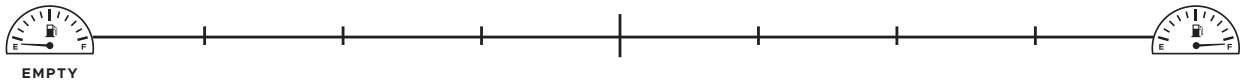
Need: Approval

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



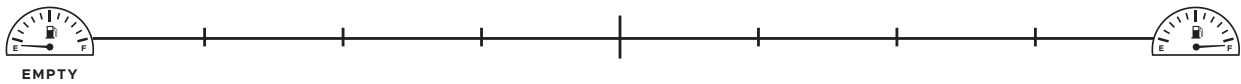
Need: Acceptance

They are often included or invited by others.



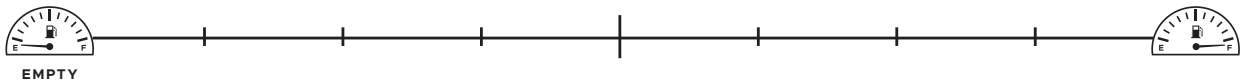
Need: Attention

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



Need: Affection

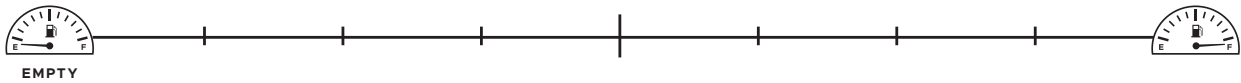
They feel seen and celebrated when they're nearby.



CHOLERIC RED

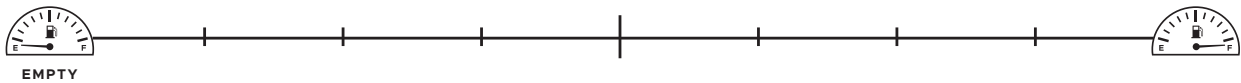
Need: Loyalty

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.

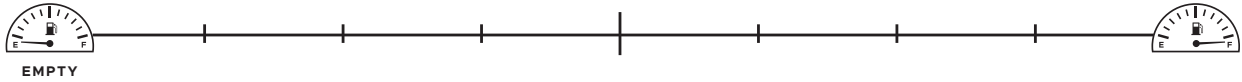


Gauging Innate Needs

MELANCHOLIC BLUE

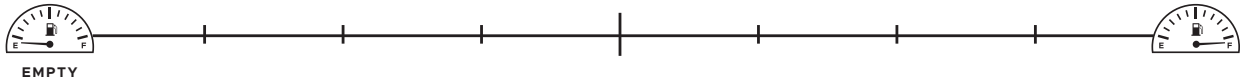
Need: Safety

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



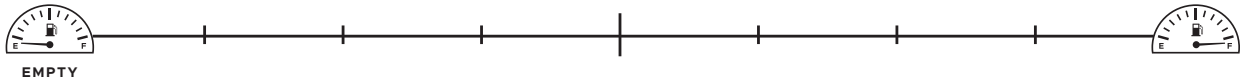
Need: Sensitivity

Others are considerate of their feelings.



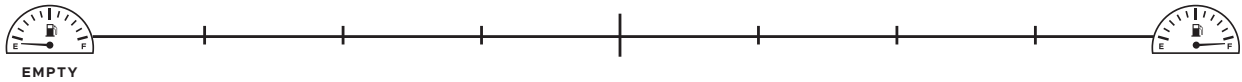
Need: Support

Others notice when they need help and offer it.



Need: Space and Silence

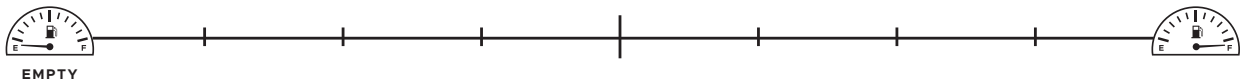
They have time each day that is uninterrupted by noise or people.



PHLEGMATIC GREEN

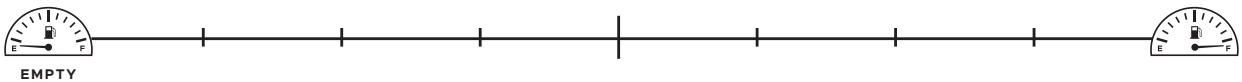
Need: Harmony

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



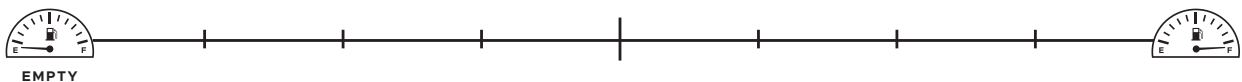
Need: Feeling of Worth

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.

