

# TEMPERAMENT PROFILE

## 1. ACTIVITY LEVEL

Sheer amount of movement; is the child always moving and doing something or is he/she quiet and calm?

LOW (very passive).....HIGH (very active)

## 2. RHYTHMICITY

Predictability of bodily functions; is he/she hungry at regular times/sleepy at regular times or somewhat haphazard?

VERY ERRATIC/irregular.....VERY REGULAR

## 3. APPROACH TO NEW SITUATIONS

Comfort in warming up to new situations, people; toys, food, etc.

VERY SLOW TO WARMUP .....QUICK TO WARMUP

## 4. ADAPTABILITY

Ease with which responses can be modified e.g., response to 'changes in schedules, foods, places, etc.

VERY NON-ADAPATBLE.....VERY ADAPTABLE

## 5. INTENSITY OF REACTION

Energy level of response; negative/positive

LOW INTENSITY..... HIGH INTENSITY  
(gentle) (aggressive)

## 6. THRESHOLD OF RESPONSIVENESS/SENSORY

Intensity of stimulation needed to get a response

LOW .....HIGH  
(very sensitive to stimuli) (very insensitive to stimuli)

## 7. QUALITY OF MOOD

Overall mood most of the time

VERY SOMBER, SERIOUS.....VERY HAPPY, JOLLY

## 8. DISTRACTIBILITY

Ease with which extraneous internal or external stimuli will interfere with on-going behavior

VERY DISTRACTIBLE.....NOT DISTRACTIBLE

# TEMPERAMENT PROFILE

## 9. ATTENTION SPAN-PERSISTENCE

Length of time an activity is pursued

SHORT TIME ONLY.....LONG TIME

## 10. EMOTIONALITY

Ease with which emotions are expressed

NON-EXPRESSIVE.....VERY EXPRESSIVE

## 11. SOCIABILITY

Degree to which person enjoys contact with people

NON-SOCIABLE.....VERY SOCIABLE

## 12. FEARFULNESS

Tendency to experience and express fear

VERY FEARFUL.....FEARLESS

## 13. SOOTHABILITY

Ease with which person can be soothed when distressed

NOT EASILY.....VERY EASILY

## 14. FASTIDIOUSNESS

Tendency to need things to be neat and orderly

VERY FASTIDIOUS.....NON-FASTIDIOUS

## 15. CUDDLINESS

Degree to which person likes to be held closely

NON-CUDDLER.....CUDDLER

Dimensions 1-9 from Thomas, Chess, and Birch, 1968

Dimensions 10 and 11 from Buss and Plomm, 1973

Dimensions 12 and 13 from Rothbart, 1977

Dimension 14, unknown source

Dimension 15 from Schaffer and Emerson, 1964

Temperament Profile developed by Donald T. Saposnek, Ph.D.