

Directions: Place the initials of each of the children in your care on the continuum for each trait based on your observations and discussions with the child's family.

Trait	Continuum	
<b>Activity Level</b>	<b>Very Active</b> Wiggle and squirm, difficulty sitting still	<b>Not Active</b> Sit back quietly, prefer sedentary activities
<b>Distractibility</b>	<b>Very Distractible</b> Difficulty concentrating Difficulty paying attention when engaged in an activity Easily distracted by sounds or sights during activities	<b>Not Distractible</b> High degree of concentration Pays attention when engaged in an activity Not easily distracted by sounds or sights during activities
<b>Intensity</b>	<b>Very Intense</b> Intense positive and negative emotions Strong reactions	<b>Not Intense</b> Muted emotional reactions
<b>Regularity</b>	<b>Very Regular</b> Predictable appetite, sleep patterns, elimination	<b>Not Regular</b> Unpredictable appetite, sleep patterns, elimination
<b>Sensory Threshold</b>	<b>High Threshold</b> Not sensitive to physical stimuli including sounds, tastes, touch, temperature changes	<b>Low Threshold</b> Sensitive to physical stimuli including sounds, tastes, touch, temperature changes Picky eater, difficulty sleeping in strange crib/bed
<b>Approach/Withdrawal</b>	<b>Tendency to Approach</b> Eagerly approaches new situations or people	<b>Tendency to Withdraw</b> Hesitant or resistant when faced with new situations, people, or things
<b>Adaptability</b>	<b>Very Adaptable</b> Transitions easily to new activities and situations	<b>Difficulty Adapting</b> Has difficulty transitioning to new activities or situations
<b>Persistence</b>	<b>Persistent</b> Continues with a task or activity in the face of obstacles Doesn't become frustrated easily	<b>Easily Frustrated</b> Moves on to a new task or activity when faced with obstacles Gets frustrated easily
<b>Mood</b>	<b>Positive Mood</b> Reacts to the world in a positive way, generally cheerful	<b>Serious Mood</b> Reacts to situations negatively, mood is generally serious

ZERO TO THREE: Retrieved from worldwideweb [http://www.zerotothree.org/site/PageServer?pagename=kay\\_temp](http://www.zerotothree.org/site/PageServer?pagename=kay_temp) June 11, 2009

Dimensions of temperament (found in several places and merged/adapted).

WestEd. (1995). The Program for Infant Toddler Caregivers' (PITC) Trainers Manual, module 1: Social-emotional growth and socialization (p.21). Sacramento, CA: California Department of Education. Thomas, Chess, Birch, Hertzig, & Korn, 1963.

