

Temperament / Hot Button Reflection

Temperament: Place the initials of the child which the behavior is occurring based on your observations and discussions with the child's family. Then, write your initials where you feel you fall on each trait in the continuum.

❖ **Activity Level** refers to the general level of motor activity when one is awake or asleep. Motor activity involves large and small muscle movement like running, jumping, rolling over, holding a crayon, picking up toys, etc.

<i>Very Active</i>	1	2	3	4	5	<i>Not Active</i>
<ul style="list-style-type: none"> ○ Wiggle and squirm ○ Difficulty sitting still 						<ul style="list-style-type: none"> ○ Sit back ○ Prefer quiet sedentary activities

❖ **Distractibility** is the ease with which one can be distracted, or, conversely, one's level of concentration or focus.

<i>Very Distractible</i>	1	2	3	4	5	<i>Not Distractible</i>
<ul style="list-style-type: none"> ○ Difficulty paying attention when engaged in an activity ○ Easily distracted by sounds or sights during activities ○ Difficulty concentrating 						<ul style="list-style-type: none"> ○ High Degree of Concentration ○ Pays attention when engaged in an activity ○ Not easily distracted by sounds or sights during activities

❖ **Intensity** refers to the energy level of one's emotional response both positive and negative

<i>Very Intense</i>	1	2	3	4	5	<i>Not Intense</i>
<ul style="list-style-type: none"> ○ Intense positive and negative emotions ○ Strong reactions 						<ul style="list-style-type: none"> ○ Muted emotional reactions

❖ **Regularity** relates to the predictability of biological functions such as eating, sleeping, etc.

<i>Very Regular</i>	1	2	3	4	5	<i>Not Regular</i>
<ul style="list-style-type: none"> ○ Predictable appetite, sleep patterns, elimination 						<ul style="list-style-type: none"> ○ Unpredictable appetite, sleep patterns, elimination

❖ **Sensory Threshold** describes how sensitive one is to physical stimuli such as light, sound, and textures.

<i>High Threshold</i>	1	2	3	4	5	<i>Low Threshold</i>
<ul style="list-style-type: none"> ○ Not sensitive to physical stimuli including sounds, tastes, touch, temperature changes ○ Falls asleep anywhere, tries new foods, wears new clothing easily 						<ul style="list-style-type: none"> ○ Sensitive to physical stimuli including sounds, tastes, touch, temperature changes ○ Picky eater, difficulty sleeping in strange crib / bed

❖ **Approachability** is one's initial response to new places, situations, or things.

<i>Tendency to Approach</i>	1	2	3	4	5	<i>Tendency to Withdraw</i>
<ul style="list-style-type: none"> ○ Eagerly approaches new situation or people 						<ul style="list-style-type: none"> ○ Hesitant and resistant when faced with new situations, people or things

❖ **Adaptability** describes how easily one adjusts to changes and transitions

<i>Very Adaptable</i>	1	2	3	4	5	<i>Difficulty Adapting</i>
<ul style="list-style-type: none"> ○ Transitions easily to new activities and situations 						<ul style="list-style-type: none"> ○ Has difficulty transiting to new activities or situations

❖ **Persistence** relates to the length of time one continues in activities in the face of obstacles

<i>Persistent</i>	1	2	3	4	5	<i>Easily Frustrated</i>
<input type="radio"/> Continues with a task or activity in the face of obstacles						<input type="radio"/> Moves on to a new task or activity when faced with obstacles

❖ **Mood**

<i>Positive Mood</i>	1	2	3	4	5	<i>Serious Mood</i>
<input type="radio"/> Reacts to the world in a positive way <input type="radio"/> Generally cheerful						<input type="radio"/> Reacts to situations negatively <input type="radio"/> Mood is generally serious

Hot Button Reflection:

Describe the Behavior(s):

Write down the behaviors that push your buttons:

Write down your feelings when faced with these behaviors:

Write down the impact your feelings have on your relationship with the children who exhibit these behaviors:

What similarities / differences do you see between the behavior(s) and your hot button reflection?
