

Considering Temperament Activity Guide

Activity Summary

1. Fold *Considering Temperament* handout into a booklet.
2. Choose a child who you would like to understand better.
Use the *Temperament Aspects* handout to help you reflect on the child.
 - What is the child like?
 - How calm or active is she?
 - How does she respond to changes?
 - How does she deal with stimulation?
 - How does she let you know she likes something, dislikes something?
3. Fill out *Considering Temperament* Page A – Write from your perspective.
4. Fill out Pages B, C, D – Write from the child’s perspective.
5. Pairing: Meet with another person to reflect on what you learned from the process.

Reflection Question for Pairing: What did you learn during this process?

