

## ACTIVITY 2

### Temperament Survey



#### **INTENT:**

Identify and reflect on child temperament styles as defined by the Temperament Self-Assessment handout.

#### **OUTCOMES:**

Participants will complete the Temperament Self-Assessment handout, identify their own temperament and their child's personal temperament, and share/discuss their results as they feel comfortable.

#### **MATERIALS REQUIRED:**

- Temperament Self-Assessment handout

#### **TIME:**

- 15 minutes

#### **PROCESS:**

##### **Prior to training:**

- Print the Temperament Self-Assessment handout. Make sure to have extra copies for participants who want to take one survey for themselves and one or more for their children.
- Complete the Temperament Self-Assessment yourself and become familiar with the questions.

##### **During the training:**

- Follow the facilitator guide instructions:
  - Pause the module from advancing and invite participants to find and answer the questions on the Temperament Self-Assessment handout. (Participants may want to take the survey for themselves and for each of their children.)
  - Allow time for participants to finish the survey. Then ask them to share their results with at least one other person and to discuss anything new they learned about their child(ren) and themselves (You may need to share your Temperament Self-Assessment results and your personal reflections about this process to model the safety and benefit of discussion.).

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#### **Debrief:**

- Ask participants how they felt about the results.
- Ask participants if they would do things differently with their child(ren) knowing more about themselves and about their child(ren).