

9 Different Traits of Temperament in Children

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| Activity level (high and low) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_activity_level |
| Biological rhythms (internal environment; routines and schedules) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_biological_rhythms |
| Sensitivity (to sound, light, touch, smell and taste; surrounding environment) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_sensitivity |
| Intensity of reaction (to situations) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_intensity_of_reaction |
| Adaptability (adjustability, flexibility) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_adaptability |
| Approach/withdrawal (adjusting to change and new situations; exploration) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_approach_withdrawal |
| Persistence | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_persistence |
| Distractibility | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_distractibility |
| Mood (tone of internal feelings) | https://www.canr.msu.edu/news/the_nine_traits_of_temperament_mood |

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Understanding the different traits of temperament can help you understand and support your child.

https://www.canr.msu.edu/news/the_nine_traits_of_temperament

10/22/2020