











Temperament Trait	What are the things that I/others do that “trigger” this trait?	What strategies can I use that will work?
<b>child’s score:</b>		
9-18 Cool individual	19-28 Spunky individual	29-45 Spirited individual
<b>parent or caregiver or teacher score:</b>		
9-18 Cool individual	19-28 Spunky individual	29-45 Spirited individual

**Plan for success:**

Predict the potential trouble spots

Analyze the traits

Identify the triggers

Develop strategies

Works Cited

Kurcinko, Mary Sheedy. *Raising your spirited child workbook*. New York, NY: HarperPerennial, 1998. Print.

This worksheet is adapted from ***Raising Your Spirited Child*** by Mary Sheedy Kurcinka. Ms. Kurcinka provides training, private consultation, and small group discussions for parents and professionals.

For further workshops on this topic or other topics relevant to ChildCare Professionals, please contact Sharon Kruger, M.Ed. at [skruger@esc5.net](mailto:skruger@esc5.net) or 409-923-5440 or [setx-school-readiness-integration.blogspot.com](http://setx-school-readiness-integration.blogspot.com).