

Frequency Count to Track Temperament and Behavior

Observation Date	INDOOR CYCLE		OUTDOOR CYCLE	
	Start Time End Time		Start Time End Time	
Temperament Traits and Behavior	Tally Marks	Total	Tally Marks	Total
Appears Highly Active – Rarely sits still, moves around, fidgets A LOT, races through activities				
Appears Easily Distracted Changes activities before finishing task / looks around a lot				
Appears Focused Completes tasks before moving on to the next task / can tune others out				
Reacts Intensely Has high emotional energy when reacting to others – yells/cries				
Remains Calm Able to transitions and go with the flow/does not react to altercations				
Appears Sensitive Squirms when touched, holds ears, squints, doesn't seem to like to touch certain textures				
Appears Cautious Hesitates or needs time to warm up to people and activities before joining in				
Appears to be in a good mood Smiles/ laughs often, cooperates with others and seems pleasant				
Appears Moody Has difficulty making transitions, displays highs and lows, rarely smiles when interacting with others				