

Feisty, Lively, *and* Tenacious!

Working with difficult temperament traits to help all children succeed



HIGH ACTIVITY

- Incorporate physical learning
- Use music and movement during circle time
- Provide frequent large motor activities
- Schedule movement before seated activities
- Offer fidgets and sensory tools as needed
- Build in regular movement breaks



HIGH SENSITIVITY

- Allow time to observe, discuss, or watch first
- Provide a gradual entry into activities
- Model coping strategies for overwhelming moments
- Teach children to ask for support when needed
- Build in quiet spaces and calming breaks
- Use songs and routines for smoother transitions



HIGH PERSISTENCE

- Offer leadership opportunities and choices
- Use visual supports and timers
- Create consistent transition cues
- Post and review visual schedules
- Explain the purpose behind expectations
- Acknowledge when transitions are difficult



HIGH INTENSITY

- Stay calm as you provide empathy and understanding
- Offer calming strategies (movement, breathing, stretching)
- Provide safe choices to express big emotions
- Allow time and space to regain control
- Model simple calming cues when you see intensity rising
- Use as a teachable moment after emotions have settled



SLOW TO WARM

- Acknowledge feelings of hesitation
- Give space and time to adapt
- Acknowledge their feelings
- Visual cues of what comes next
- Offer choices and flexibility
- Be consistent



ATTEND:

Be present and actively pay attention.

ATTUNE:

Become deeply aware and responsive to the child's emotional state or environment.

ASSIST:

Offer assistance and support to reach the goal or task.



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