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Name:

Date/Age:

Please circle the characteristics that most reflect your baby. This will help us discover what temperament style and “secret” powers your child has and will help us customize your child’s growth and development.

Five Phase Observer Checklist



| | Fire | Wood | Earth | Metal | Water |
|------------------------|--|---|---|--|---|
| Vibrancy: | Sparkling Radiant Glowing Sunny Lustrous | Charged Excited Rousing Electric | Sunny Clear Mild | Delicate Precious Fine Composed | Placid Calm Docile Immobile Serene |
| Gaze: | Scanning Scattered Expanding Broad | Persistent, Focused Alert, Watchful Vigilant | Reciprocal Sustained, Social, sharing Following | Selective, Discriminating Sharp, Particular Fastidious | Retreating, Penetrating Withdrawing Intense, Deep Vacant |
| Degree of cooperation: | Enthusiastic Eager, Animated Excited, Energized | Resisting; Testing Demanding, Insistent Uncompromising | Agreeable, Pleasant Comfortable At ease, Relaxed | Finicky, Particular, Fastidious Selective | Resisting; Wary Defiant, Stubborn Suspect |
| Sociability: | Contact-seeking Enthusiastic | Contact-testing Challenging | Contact -sustaining Following | Contact-particular Meticulous | Contact-wary Circumspect |
| Activity: | Easily engaged Easily stimulated Easily startled Surprised Wiggly | Tense, squirmy On edge Twitchy Restless | Comfortable Cuddly Relaxed At ease Contented | Tight, Stiff Tense Inflexible | Quiet, Still Rooted Undisturbed Implanted |
| Posture: | Flexible Draped Limber | Forward seeking Reaching | Relaxed Comfortable At ease | Positioned Arranged Statuesque | Settled Drawn in Curled up |
| Color: | Rosy | Ruddy | Peachy | Alabaster | Dark or Blue cast |
| Moisture: | Sweaty | Oily | Sticky | Dry | Damp |
| Circulation: | Easily flushed, tends to be warm | Warm head, Cool extremities | Even, neither cool nor warm | Easily flushed, tends to be cool | Appears cool, tends to be warm |
| Shape: | Well-proportioned Symmetrical, Long fingers and toes | Square and solid, Muscular arms, hands and feet | Rounded and firm Large hips and shoulders, Small hands and feet | Trim and taut Small bones, Fine features | Dense and compact Large boned, Narrow head, Long fingers/toes |