

## Suggested Presentation Timeline: Temperament



This lesson outline is designed to be a teaching tool for early learning professionals who teach this information in a wide variety of settings. Therefore, please use the outline below as a guide and modify it as necessary to meet the needs of your audience and schedule.

### Minutes 0 - 10      Welcome and Introductions

- Begin your presentation or workshop by creating a comfortable environment.
- Introduce yourself to your group / audience and orient them to the environment (restrooms, important announcements).

### Minutes 10 - 40      Presentation of Topic

Provide your group with an overview of the topic you will be presenting. This brings all the participants together quickly as well as to engage the group in the learning. Here are some options for how to do this:

1. Tell a story that engages the audience.

*Sarah, Daniel, and Mark are having a play date at the park. They are all three years old. As the play date begins, Sarah and Daniel quickly greet one another and run off to the swings. Mark stays back with his dad and is slow to participate in the activity. There are many possibilities to explain Mark's reaction. One explanation involves temperament.*

2. Provide a definition of the topic / terms that are being discussed.

*Definition of Temperament: "The most practical definition calls temperament "behavioral style," the "how" of behavior, or the characteristic way that the individual experiences and responds to the internal and external environment." (Carey, 1998).*


3. Some educators find it helpful to begin with a general question. For example:

- When you think of the word temperament, what ideas come to mind?
- Have you heard of the term temperament before? If so, how was it described to you?

4. Provide an overview that introduces your audience to the research-based information about the topic.

*Research has shown that all children appear to be born with some biological basis for temperament that continues to be influenced over time by the interaction of heredity, life experience, and maturation. Understanding temperament is important because it impacts the way a child experiences and responds to the world. It is also helpful for parents to understand how their own temperaments affect and are affected by their children's behavior styles.*



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- Review the goals of what you intend to teach, describe what tools/resources they can expect to gain by attending the event, and present the Parenting Counts Program Curriculum.

**Minutes 40 - 50      Applied Learning Activity**

- Most audiences are ready for a change in activity after 20-30 minutes of lecture. Consider the composition of your group and decide what type of activity best meets their needs.
- Some educators choose to have participants work in pairs to maximize comfort with the topic, others opt for a group discussion to allow a variety of opinions to be heard and validated.
- Parenting Counts offers multiple video options that can be used during this time to encourage discussion or to continue the learning experience.

**Minutes 50 - 60      Closure and Evaluation**

- Closure: Be sure to recap the key messages of the presentation as well as provide tools that incorporate the learning into parenting practices.
- Evaluation: Please distribute an evaluation form as part of your presentation. It is important to give participants an opportunity to comment on the presentation as well as to provide you with an assessment of their learning.

