



# The Four Temperaments and Their Innate Needs

**KATHLEEN EDELMAN** // [kindwordsarecool.com](http://kindwordsarecool.com)

*"Children are hard-wired with innate needs. Not only is it okay for kids to crave these things, it's vital that they get them. Innate needs are designs, not defects. Your mission is to help children fill their needs in the healthiest ways possible. A child's innate needs inform a child's behavior."* Kathleen Edelman

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## **Sanguine/Yellow (extrovert; people-oriented)**

- Child speaks the language of people and fun.
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## **Choleric/Red (extrovert, task-oriented)**

- Child speaks the language of power and control.
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## **Phlegmatic/Green (introvert; people-oriented)**

- Child speaks the language of calm and harmony.
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## **Melancholic/Blue (introvert, task-oriented)**

- Child speaks the language of order and perfection.
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### **Learn More:**

Visit [kindwordsarecool.com/tools](http://kindwordsarecool.com/tools) and download bundles based on your child's temperament as well as temperament tests for teens. Access an adult assessment at [kindwordsarecool.com/assessment](http://kindwordsarecool.com/assessment).

All of this content is included in "A Grown-Up's Guide to Kids' Wiring" by Kathleen Edelman.