



NAME: _____ DATE: _____ CLASS PERIOD: _____

Teacher’s Four Humors Chart

Using the images and materials provided for you on the “Introduction to the Four Humors” handout, complete the chart below.

Humors	Dispositions/ Temperaments	Elements	Seasons	Qualities	Characteristics
Blood	Sanguine	<i>Air</i>	Spring	<i>Hot and Wet</i>	<i>Social, friendly, happy, content, kind, gentle, lustful, amorous, playful, healthy</i>
Yellow Bile	Choleric	<i>Fire</i>	<i>Summer</i>	Hot and dry	<i>Impetuous, false, wasteful, easily angered, passionate, intense, brave</i>
Phlegm	Phlegmatic	Water	<i>Winter</i>	<i>Cold and Wet</i>	<i>Idle, listless, passive, calm, unemotional, reserved, asthmatic, weak, fragile</i>
Black Bile	Melancholy	<i>Earth</i>	<i>Fall</i>	<i>Cold and Dry</i>	Solitary, sad, jealous, silent, contemplative, genius, introspective, perfectionist, irritable, “light-loathing”—prefers darkness