

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	Air	Spring	Hot and Wet	Social, friendly, happy, content, kind, gentle, lustful, amorous, playful, healthy
Yellow Bile	Choleric	Fire	Summer	Hot and Dry	Impetuous, false, wasteful, easily angered, passionate, intense, brave
Phlegm	Phlegmatic	Water	Winter	Cold and Wet	Idle, listless, passive, calm, unemotional, reserved, asthmatic, weak, fragile
Black Bile	Melancholy	Earth	Fall	Cold and Dry	Solitary, sad, jealous, silent, contemplative, genius, introspective, perfectionist, irritable, "light-loathing"—prefers darkness

*"And there's the
humor of it"*
Shakespeare and the four humors

