Terms

• **Body image**: Refers to how a person thinks his or her body looks.
• **Conformity**: Being like one another
• **Gender identity**: The awareness of being male or female
• **Growth spurt**: Occurs when a child grows very rapidly in a short period of time
Terms

- **Learning method**: A way to learn
- **Moral development**: The process of learning to base one’s behavior on beliefs about what is right and wrong
- **MyPyramid**: A guide for healthful eating and active living that was developed by the U.S. Department of Agriculture (USDA)
- **Peer learning**: A learning in which students interact with one another
Terms

- **Peer pressure**: A social group’s influence on the way individuals behave
- **Puberty**: The set of changes that result in a physically mature body that is able to reproduce
- **Sense of self**: Your idea of who you are, based on your emotions, personality, and the ways you perceive the world
Physical, Emotional, Social and Cognitive Development
Physical Development of Children Aged 6 – 10 years
Physical Development

- Six Year Olds
  - Boys
    - Height: 45.5 inches
    - Weight: 46 pounds
  - Girls
    - Height: 45.25
    - Weight: 44.5

Script: As children develop, girls tend to develop physically just slightly slower than boys.
Physical Development

- Seven Year Olds
  - Boys
    - Height: 48 inches
    - Weight: 51 pounds
  - Girls
    - Height: 47.75 inches
    - Weight: 50 pounds

Script: At seven years old, girls continue to develop just slightly behind boys of their age. However, you should keep in mind that all children develop differently.
Script: At eight years of age, girls and boys are almost growing at the same pace.
Physical Development

- Nine Year Olds
  - Boys
    - Height: 52.5 inches
    - Weight: 63 pounds
  - Girls
    - Height: 52.5 inches
    - Weight: 64 pounds

Script: It is around this time that girls tend to go through a growth spurt and begin to pass boys in physical development.
Physical Development

- Ten Year Olds
  - Boys
    - Height: 54.5 inches
    - Weight: 70 pounds
  - Girls
    - Height: 54.5 inches
    - Weight: 72 pounds

Script: Again, here the girls are surpassing the boys in weight. Remember, that all children develop at different paces.
Physical Development

- Fine motor skills
  - Play musical instruments
  - Crafts
  - Writing
- Gross motor skills
  - Increased muscle strength
  - Faster reaction time
  - Increased hand-eye coordination
  - Increased flexibility

Script: The motor skills become more refined during this period. This is shown in the child’s ability to perform tasks with greater skill.
Emotional Development of Children Aged 6 – 10 years
Emotional Development

- Six Year Olds
  - Starting school
  - Independence
  - Seek praise from teachers and family
  - Mood changes
  - Can be hurtful with words

Script: As children reach six years of age, they become better at expressing their emotions. A variety of events can cause different emotions.
Emotional Development

- Seven Year Olds
  - Introverted
  - Quiet
  - Usually not willing to express emotions

Script: Seven year olds tend to keep to themselves and keep feelings internally, rather than expressing them.
Emotional Development

- Eight Year Olds
  - Exploration
  - Curiosity
  - Enjoy story telling

Script: Eight years are more expressive than seven year olds. They tend to enjoy telling stories about events that have happened to them.
Script: Nine year olds tend to be extremely self-absorbed and see themselves as the center of their world.
Emotional Development

- Ten Year Olds
  - Increased self-awareness
  - Very positive beings

Script: Ten year olds tend to be very self-aware of their actions. They are also more positive about themselves and the world around them than nine year olds.
Social Development of Children Aged 6 – 10 years
Script: School-aged children are very interested in having friends and pleasing those friends. They may also begin participating in organized sports. Ask: Sports can provide many positive benefits to children. What are some of those benefits?
Cognitive Development of Children Aged 6 – 10 years
Cognitive Development

- Thinking
- Reasoning
- Problem solving
- Arrange objects by size (large to small, or small to large)
- Group objects by color, shape or size
- Know 13,000 words
- Write simple sentences to short stories

Script: During this time, children are capable of increased learning about concrete objects. They cannot yet analyze information.
The Influences of Family and Society on Children Aged 6 – 10 years
Family Influences

- Increased independence
- Have trouble developing relationships to siblings close to their own age
- Do well with younger or older siblings

Script: Children progress from being very dependent on their parents to performing tasks and activities independently. Ask: What types of tasks might children begin to do on their own?
Script: Social interactions help children to learn the rules of society such as
The Development of the School-Aged Child
Development

- Piaget’s Theory
  - Concrete Operations Period
    - Group objects by shape, color or size
    - Arrange objects by size such as small to large or large to small

Script: He said that during the third stage of development (concrete operations) that children were capable of thinking more logically.
Script: Caregivers should provide children with as many experiences as possible to increase their learning opportunities.
Script: She believed children should be given the tools to create their own learning experiences.
Script: Gardner said there are many types of learning and every child learns differently. Teachers and caregivers can foster learning by providing children with a variety of activities to develop their intelligences.
Script: Just as with preschool children, school-aged children with special needs should be treated as any other child is treated and given the same opportunities to learn. Caregivers who know what they can reasonably expect from a special needs child is more likely to see the child reach his or her full potential.
Health and Safety of School-Aged Children
Script: Childhood nutrition is very important during growth and development.
Script: During the school-aged years, it is common for children to become engaged in conflict and to encounter bullies. Ask: What are some issues that may create conflict among children?
Guidance Techniques for School-Aged Children
Learning

- Hands-on learning experiences
- Peer learning
- Self-initiated learning

Script: Children at this age continue to learn best by hands-on learning experiences. They can do so in peer learning groups, or independently.
Questions?
Resources and References
