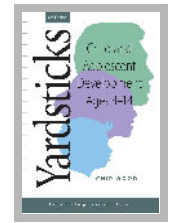


Common Developmental Traits by Age

(Adapted from *Yardsticks: Child and Adolescent Development Ages 4–14*, 4th edition, by Chip Wood, 2018, Center for Responsive Schools)



Age	Physical	Language/Cognitive	Social/Emotional
4	<p>Energetic and active, but often clumsy</p> <p>Learning to switch between near and far focus for visual activities</p> <p>Fine motor skills are not yet well-developed</p>	<p>Short attention spans</p> <p>Learn best through hands-on exploration</p> <p>Love imaginative play and take delight in words (including bathroom talk!)</p>	<p>Friendly and talkative, but sometimes fearful or worried</p> <p>Love being with friends and learning to work together</p> <p>Need adult help to find words to express needs instead of reacting physically</p>
5	<p>Still awkward with tasks requiring small movements</p> <p>Visual focus is on objects close at hand</p> <p>Need lots of physical activity</p>	<p>See one way to do things</p> <p>Imagination can be vivid, which can lead to believing toys are alive</p> <p>Interpret words in their literal sense—"We're late, we've got to fly" means "We've got to fly like birds."</p> <p>Express themselves in few words</p> <p>Think out loud before acting</p>	<p>Younger fives want adult approval; they like to be "good"</p> <p>Older fives may challenge adult authority and seem oppositional at times</p> <p>Need consistent routines, rules, and discipline</p>
6	<p>Love to be active</p> <p>Noisy, sloppy, and in a hurry</p> <p>Tire easily</p>	<p>Very curious; love new ideas and asking questions</p> <p>Ambitious; may choose projects that are too hard</p> <p>Better understanding of past and present; can begin to understand real history markers</p>	<p>Enthusiastic, eager, competitive</p> <p>Rush to be first or dawdle to be last</p> <p>Care a great deal about friends</p> <p>Extremely sensitive; severe criticism can truly be traumatic</p> <p>Challenge boundaries and authority</p> <p>Enjoy working in groups</p>
7	<p>Often keep eyes focused on small, close area</p> <p>Writing is very small</p> <p>Improved coordination for both gross and fine motor skills</p> <p>Can be sensitive to physical and psychosomatic hurts</p>	<p>Need support for sustained, quiet work periods</p> <p>Like to collect, sort, and classify</p> <p>Rapidly develop their vocabularies</p> <p>Listen well and speak precisely</p> <p>Bothered by mistakes and try hard to make their work perfect</p> <p>Enjoy hands-on exploration</p>	<p>Need security, structure, and stability</p> <p>Sometimes moody or pouty</p> <p>Often have a best friend, although their best friend might change frequently</p> <p>Rely on adults for help and reassurance</p> <p>Prefer working and playing alone or with one friend</p> <p>Dislike taking risks or making mistakes</p>

Age	Physical	Language/Cognitive	Social/Emotional
8	<p>Increase in small motor coordination</p> <p>Restless; play hard and tire quickly</p> <p>Eyes focus well on objects near and far</p> <p>Growth spurts lead to some awkwardness</p>	<p>Industrious, impatient, full of ideas; like to talk and explain ideas</p> <p>Often take on more than they can Handle</p> <p>Generally able to pay attention, but don't always remember what they've heard or are supposed to do</p> <p>Can handle increasingly complex tasks but tire easily</p>	<p>Love to share humor</p> <p>Adjust well to change; bounce back from disappointments</p> <p>Love group activities</p> <p>May prefer working and playing with some classmates more than others</p> <p>Growing awareness of fairness issues</p>
9	<p>Improved coordination</p> <p>Like to push physical limits, but tire easily</p> <p>Restless; can't sit still for long</p> <p>Often report aches and pains</p>	<p>Industrious and curious, beginning to be aware of a bigger world of ideas</p> <p>Worry about global issues</p> <p>Take pride in attention to detail and finished work, but may jump quickly between interests</p> <p>Look hard for explanations of facts, how things work, and why things happen as they do</p> <p>Difficulty with abstractions such as large numbers</p> <p>Love descriptive language and wordplay</p>	<p>Competitive; may form cliques</p> <p>Critical of self and others; need adult lightheartedness and humor</p> <p>Like to work with a partner of their choice; can work in groups but with lots of arguing</p> <p>Often feel worried or anxious</p> <p>Can be sullen, moody, aloof, one minute and goofy and fun-loving the next</p>
10	<p>Large muscles needed for big movements are developing quickly</p> <p>Need lots of outdoor play and physical challenges</p> <p>Enjoy precision tasks</p> <p>Benefit from frequent snacks and rest periods</p>	<p>Listen well and enjoy talking and explaining; can appreciate others' perspectives</p> <p>Hardworking; take pride in schoolwork</p> <p>Increasingly able to think abstractly</p> <p>Enjoy categorizing and classifying; like rules and logic</p> <p>Good at memorizing</p> <p>Can concentrate on reading and thinking for long periods</p> <p>Enjoy choral reading, poetry, plays, singing</p>	<p>Eager to reach out to others</p> <p>Quick to anger and to forgive</p> <p>Open to learning meditation or problem-solving skills</p> <p>Developing a more mature sense of right and wrong</p> <p>Appreciate their efforts noticed</p> <p>Cooperative and flexible; do well with group activities and cooperative learning</p>
11	<p>Restless and very energetic</p> <p>Need lots of food, physical activity, and sleep</p> <p>Have growth spurts</p>	<p>Like "adult" tasks, such as conducting Internet research</p> <p>Enjoy brain teasers and puzzles</p> <p>Would rather learn new skills than refine old ones</p> <p>Challenge assumptions—their own and those of adults</p> <p>More adept at abstract thinking</p>	<p>The common age for cliques</p> <p>Need a reasonable amount of time to talk with peers</p> <p>Moody; self-absorbed</p> <p>Sensitive about changing bodies</p> <p>Like to challenge rules, argue, and test limits</p>