

Social-Emotional Development Ages 5-6

Children in the 5-6 age range show more self control. For example, many 5 and 6 year olds are able to sit still in school and follow directions. However, they are still prone to the occasional outburst if things don't go their way. Here are some additional things you might be seeing from your 5 and 6 year olds:

Self-Management Skills

- ☐ Able to use words to describe feelings
- ☐ Able to stop and think before acting
- ☐ Able to wait their turn

Self-Awareness Skills

- ☐ Notice difference between self and others
- ☐ Identifies with a particular gender (may only want to play with that gender)
- ☐ Begins to understand what it means to be embarrassed

Social Awareness Skills

- ☐ Sensitive to how other people feel
- ☐ Develops an understanding of social challenges (i.e. poverty)

Responsible Decision Making Skills

- ☐ Can make a choice between two or more options
- ☐ Understands the consequences of their actions

Relationship Skills

- ☐ Accepts others' opinions
- ☐ Wants to please friends
- ☐ Imitates friends' behaviors
- ☐ Plays respectfully with others
- ☐ Able to resolve conflicts with friends
- ☐ Enjoys being around friends



Social-Emotional Development Ages 7-8

Seven and eight year olds enjoy making friends and you might see them imitating their friend's behaviors and mannerisms. Children this age will try and work conflicts out on their own. However, they will still sometimes seek out help from adults to solve problems with peers. Here are some additional things you might be seeing from your 7 and 8 year olds:

Self-Management Skills

- ☐ Expresses feelings with words
- ☐ Able to delay gratification
- ☐ Able to use coping skills when upset
- ☐ Able to manage transitions

Self-Awareness Skills

- ☐ Knows their wants and needs
- ☐ Sense of self- worth is emerging
- ☐ Can be very self-critical
- ☐ Describes self based on external and behavioral characteristics (i.e. I have a dog. I like to swim)

Social Awareness Skills

- ☐ Shows interest in abstract concepts (i.e. justice)
- ☐ Shows compassion for people who experience social difficulties (i.e. poverty)
- ☐ Relies on adults for security

Responsible Decision Making Skills

- ☐ Thinks of pros and cons of different options
- ☐ Able to identify consequences for actions

Relationship Skills

- ☐ Share opinions with peers
- ☐ Able to resolve conflicts with friends
- ☐ Can be competitive when playing games
- ☐ Make friends with opposite gender
- ☐ Imitate their friends



Social-Emotional Development Ages 9-10

Nine and ten year olds tend to be more emotionally mature at this stage. They are better able to handle frustrations and conflicts on their own. Here are some additional things you might be seeing from your 9 and 10 year olds:

Self-Management Skills

- ☐ Expresses emotions appropriately
- ☐ Can control their anger most of the time
- ☐ Stands up for themselves
- ☐ Shows good sportsmanship

Self-Awareness Skills

- ☐ Explores likes and dislikes
- ☐ Strong sense of what's fair

Social Awareness Skills

- ☐ Sensitive to the feelings of others
- ☐ Interested in current events
- ☐ Interested in social issues (i.e. homelessness)

Responsible Decision Making Skills

- ☐ Able to choose best solution to a problem
- ☐ Analyzes decision to see if it is working

Relationship Skills

- ☐ Responds to peer pressure appropriately
- ☐ Able to ask friends for help
- ☐ Spends time with a few close friends
- ☐ Talks to friends frequently
- ☐ Curious about relationships between boys and girls



Social-Emotional Development Ages 11-13

During ages 11 to 13 we see significant changes in children's social and emotional development, which might be attributed to the onset of puberty. Children in this age range also show an increased need to assert their independence. Here are some additional things you might be seeing from kids in the 11-13 age range:

Self-Management Skills

- ☐ Takes responsibility for themselves (i.e. does homework with no help)
- ☐ Learning to manage emotions such as fear and rejection
- ☐ Capable of setting personal goals

Self-Awareness Skills

- ☐ Sensitive to what others think of them
- ☐ May struggle with sense of self
- ☐ Exploring personal values and morals
- ☐ Defines self through culture, environment, music, friends, clothes, etc.)

Social Awareness Skills

- ☐ Learning to value and accept other people's point of view

Responsible Decision Making Skills

- ☐ Ask for help when needed
- ☐ Understands that there are consequences for their actions

Relationship Skills

- ☐ Values the opinions of friends
- ☐ Develop intimate relationships
- ☐ Able to problem solve and negotiate with peers
- ☐ Seeks advice from friends



© 2016 Kiddiematters.com