AGE CHARACTERISTICS

AGES 6 - 7

Characteristics:

May experience mood changes
Beginning to be more competitive
Attention span is relatively short
Frustrates easily
Desires to impress leaders and peers
Questions
Social rules important
Power of modeling
Tentative assertion of independence

Program Implications:

Gross motor activities should be emphasized including throwing, climbing, rolling, etc.
Periodic quiet activities need to be programmed
Consistency and fairness need to be emphasized by staff
Need to be aware of the importance of being good role models

Activities:

<table>
<thead>
<tr>
<th>Sports/Games</th>
<th>Social</th>
<th>Arts/Crafts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chasing Games</td>
<td>Dramatic Plays</td>
<td>Nature Collections</td>
</tr>
<tr>
<td>Singing Games</td>
<td>Singing</td>
<td>Making things w/</td>
</tr>
<tr>
<td>Individual Games</td>
<td>Rhythm Bands</td>
<td>their hands (puppets)</td>
</tr>
<tr>
<td>of skill (jacks)</td>
<td>Instruments</td>
<td></td>
</tr>
<tr>
<td>Stunts</td>
<td>Story time</td>
<td></td>
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<tr>
<td>Scavenger Hunts</td>
<td></td>
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</tbody>
</table>
AGE CHARACTERISTICS

AGES 8 - 10

Characteristics:

Hand and eye coordination developed

High stamina

Sharper questioning techniques

Spontaneous emotions

Realization of personal limits (through peer comparison)

Shows pride/affection for parents

Pleasure gained from achievement

More thoughtful toward others

Developing a sense of humor

Girls more mature physically, attitudinal

Competitive and cooperative skills are developing

Program Implications:

Offer more physical activities for a longer duration.
Alternate with less strenuous activity.

Introduce cooperative activities - use of new games.

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<tbody>
<tr>
<td>Relays</td>
<td>Singing</td>
<td>Construction</td>
</tr>
<tr>
<td>Team Sports</td>
<td>Dancing</td>
<td>(kites)</td>
</tr>
<tr>
<td>Active Hobbies (hiking, climbing)</td>
<td>Outings</td>
<td>Collecting</td>
</tr>
<tr>
<td>Board games</td>
<td>Explorations</td>
<td>Nature Activities</td>
</tr>
<tr>
<td></td>
<td>Social Games</td>
<td>(mind benders)</td>
</tr>
</tbody>
</table>
AGE CHARACTERISTICS

AGES 11 - 13

Characteristics:

- Girls approx. one year more mature
- Onset of adolescence
- New interests develop
- Selective memory with a very creative imagination
- Abstract logical thinking
- Pride in traditions
- Responses less impulsive, more thoughtful
- Competitiveness lessens
- Good sense of humor
- Hurt feelings can be concealed
- Closeness of peers, focus on "best friends," some arguments
- Easily influenced
- Often more self conscious about their bodies

Program Implication:

- Emphasis on problem solving and cooperative activities through such activities as initiative and new games
- Offer opportunities for gradual acceptance of additional responsibility

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<tr>
<td>Team Games</td>
<td>Clubs</td>
<td>Handicrafts</td>
</tr>
<tr>
<td>Hobbies</td>
<td>Dramatics</td>
<td>Construction</td>
</tr>
<tr>
<td>Quiet Games</td>
<td>Social Activities</td>
<td>In-depth Projects</td>
</tr>
<tr>
<td>Physical Sports</td>
<td>Dances</td>
<td></td>
</tr>
<tr>
<td>Initiatives</td>
<td></td>
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