



Years 4-5 Developmental Guide

Physical

- **Gross Motor: Movement and Coordination:** Move with enough control to perform more complex tasks. Maintain balance on a two-by-four beam; climb with more agility on the jungle gym; jump with confidence in ability from low platform; develop coordination of moving arms and legs in order to pump on a swing; run up to ball and kick it while maintaining balance; gallop, wiggle, and tiptoe along with classmates watching and imitating movements; throw a variety of objects overhand with increasing accuracy.
- **Fine Motor:** Use hands with increasing control and precision for a variety of purposes. Easily grasps hold of writing tools such as pencils, crayons, paint brushes and markers; continue to fit together a wide variety of items such as connecting blocks, pop beads, stacking rings, bristle blocks, etc.; shape play dough or clay into more intricate/representational creations; experiment with scissors; experiment with fitting a variety of objects into a defined space; continue to experiment with building and designing familiar structures with blocks.
- **Self Help:** Begin to perform self-help skills and follows basic health and safety rules. Use toilet independently; put on own hat and coat; wash and dry own hands with verbal prompts and support; untie shoes, button and unbutton with little

or no assistance; know basic safety rules and follow them with verbal reminder; begin to look both ways before crossing the street; begin to understand how to dial 911 for an emergency; begin to avoid dangers such as hot stoves and sharp knives.

Social and Emotional

- **Self Concept:** Show positive self esteem. Recognize own special interests and abilities (child announces “I can run really fast!”); expresses pride in accomplishments.
 - Verbalize feelings, needs and wants. Talk to self and others (including dolls, puppets, imaginary friends) about what he/she is thinking about and how he/she feels; continue to use physical ways of expressing self when feelings are intense.
- Show greater comfort with independence and increased feelings of self-worth. Take pride in accomplishments (“I did the puzzle by myself!”); develop a sense of humor; can laugh at self and others when small accidents happen.
- **Self Control:** Manage own behavior with increasing skill. Gain new understanding about other people’s feelings to guide the way he manages his own behavior (may decide to share a toy after another child begins to cry).



Self Control (continued):

Begin to demonstrate an understanding of social expectations. Cover mouth when sneezing, hold door for another child, share blocks with another child.

- **Cooperation:** Engage in cooperative play with other children. Can include give and take in play with others; sometimes work out problems encountered during play with others.

Begin to develop more complex pretend play themes. May imitate cultural or family routines or rituals (going to church, visiting aunt in the hospital, riding the bus).

Show increasing willingness to work out problems with peers. More willing to talk about problems and issues to work out solutions; participate in transitions and assist with routines (e.g., help other child clean up spilled water).

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Relational Spiritual

These are the philosophers of the human race. They ask the big questions that have puzzled people from the beginning of time. And they ask one question after another,

often following our best answers with an innocent, but frustrating “Why?” To make things even more challenging, they expect simple, clear answers to their short, but deeply profound questions. They think about God in very literal, physical terms, and it frustrates them to receive abstract, “spiritual” answers. Give the shortest, correct answer possible.

Then ask if the answer was helpful or if they want to know more. Avoid the temptation to explain all the facets of the issue the child has raised. When it’s simply not possible to give a simple answer, point out that God is so great there is much about him that no one really understands. Then state one or two essential truths about God that we do know for sure.