

Developmental Characteristics

9-10 year olds

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Physical

- Improved agility, speed, coordination, and balance
- Begins to show signs of puberty such as oily skin, etc.
- Experiences an increase in small muscle coordination
- They experience a steady increase in large muscle development, strength, balance and coordination
- They are very active, with a lot of energy
- Girls will tend to mature faster than boys
- Slow, steady growth



Cognitive

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span
- They judge ideas in absolutes, right or wrong not much tolerance for middle ground
- They have interests in collections and hobbies
- Recognize difference between behavior and intent

Emotional

- They find comparisons with others difficult to process
- They are accepting parent/family beliefs
- They admire and imitate older youth
- They are developing decision-making skills
- They are beginning to question authority
- They need involvement with caring adult
- Questions about pregnancy, intercourse, sexual swearing, etc.
- Games with peeing, sexual activity
- They find comparisons with others difficult to process

Social:

- Rules can be negotiated
- Start to form stronger, more complex friendships and peer relationships.
- It becomes more emotionally important to have friends
- Experience more peer pressure.
- Become more aware of his or her body as puberty approaches.
- Body image and eating problems sometimes start around this age.
- Identifies with individuals of the same gender
- Prefers to work in groups and enjoys cooperative activities
- They generally see adults as authority
- They follow rules out of respect for authority
- They identify with individuals of the same gender
- They approach solving problems with a negotiating style
- Friendships are situation specific
- Begin understanding social roles; regards them as inflexible; can adapt behavior to fit different situations; practices social roles
- Takes on more responsibilities at home
- Less fantasy play, more team sports, board games

Communication



- They enjoy code languages and passwords
- Speak clearly and know when to talk softly or loudly.
- Ask and answer questions.
- Be a part of conversations and group discussions.
- Use words related to school subjects. For example, math, science, or history words.
- Stay on topic, use eye contact, and take turns.
- Summarize a story.
- Explain what she learned in school.
- Read frequently and enjoy books.
- Often read with a goal of learning about something of interest.
- Have speech patterns that are nearly at an adult level.

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