

Common Developmental Traits by Age

Age/ Grade	Physical	Language/Cognitive	Social/Emotional
10 / 5th	<p>Signs of puberty begin for girls ahead of boys</p> <p>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 snack and rest periods</p>	<p>Peer focused</p> <p>Descriptive</p> <p>Seek definitions</p> <p>Playful</p> <p>Gain identity through the group</p> <p>Enjoy categorizing and classifying</p> <p>Good at memorizing</p> <p>Like rules and logic</p> <p>Can concentrate on reading and thinking for long periods</p> <p>Enjoy choral reading, poetry, plays, singing</p>	<p>Contributing member of group; eager to reach out to others</p> <p>Quick to anger; quick to forgive</p> <p>Hardworking; take pride in schoolwork</p> <p>Open to learning mediation or problem-solving skills</p> <p>Listen well and enjoy talking and explaining</p> <p>Developing more mature sense of right and wrong</p>
11/ 6th	<p>Restless, very energetic</p> <p>Need lots of food, physical activity, sleep</p> <p>Growth spurts</p> <p>“Growing Pains”</p> <p>More colds, ear infections, etc.</p>	<p>Like “adult” tasks, such as researching</p> <p>Enjoy brain teasers and puzzles</p> <p>Want to learn new things more than review previous work</p> <p>Challenge assumptions —their own and those of adults</p> <p>Able to think abstractly and understand ideas</p>	<p>Common age for cliques and pairs</p> <p>Peer focused; need to save face with peers</p> <p>Moody; self-absorbed</p> <p>Sensitive about changing bodies</p> <p>Like to challenge rules, test limits</p> <p>Can be very serious</p>
12/ 7th	<p>Need lots of food, physical activity, sleep</p> <p>Growth spurts</p>	<p>May begin to excel at a subject or skill</p> <p>More sophisticated sense of humor</p> <p>Enthusiastic about purposeful schoolwork; can set goals and concentrate</p> <p>Interested in civics, social justice</p>	<p>Peers more important than adults</p> <p>Question and argue with adults</p> <p>Like both group and individual work</p> <p>Need rituals to mark turning points</p> <p>Can be self-aware, insightful, empathic</p> <p>Can take on major responsibilities</p>

13/ 8th	<p>Lots of physical energy</p> <p>Skin problems are common; hygiene becomes more important</p> <p>More physically developed/ mature</p> <p>Can be physically awkward</p>	<p>Tentative, worried, unwilling to take risks on tough intellectual tasks</p> <p>Interested in fairness, justice, discrimination, etc.</p> <p>Often write better than they speak, so better at written work than oral explanations</p> <p>Need short, predictable homework assignments to build good study habits</p> <p>Starting to enjoy thinking about the many sides of an issue</p>	<p>Moody and sensitive, anger can flare up suddenly</p> <p>Feelings are easily hurt; can easily hurt others' feelings</p> <p>Very concerned about personal appearance</p> <p>Like to be left alone when home</p> <p>Prefer working alone or with one partner</p> <p>Spend hours with social media or video games</p> <p>Can be mean (may stem from being insecure or scared)</p> <p>More focus on friends, group</p> <p>Challenge the ideas and authority of parents and teachers</p> <p>Answer parents with a single word or loud, extreme language</p>
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(Adapted from Yardsticks:Children in the Classroom Ages 4–14, 3rd edition,by Chip Wood, CRS, 2007)

The Center for Responsive Schools describes development for ages 11-13 years:

Eleven's are going through huge changes in their bodies, minds, and social behavior as they begin adolescence. The easy friendliness of ten often gives way to awkward, sometimes rude behavior at eleven. With their growing capacity for higher thinking, children this age like to try work that feels grown up, such as researching and interviewing.

Twelves are often unpredictable and hard to read as they swing between childhood and adulthood. Their greatest need is to be with peers as they sort through their physical, social, and emotional challenges and the all-important identity question, "Who am I?"

Thirteen is typically an age of rapid growth in mind and body, an age of contrasts and confusion. Thirteen-year-olds are both pushing away from adults and seeking them. They're excited about new teenage opportunities but hesitate to take risks. Adding to the confusion, physical and emotional development is happening much faster in girls than in boys. (2005)