

motor development

Between 5-6 years, most children:

- Throw small balls with good aim;
- Kick balls with purpose;
- Catch balls with both hands;
- Jump on one or both feet without falling;
- Balance on a beam;
- Use scissors effectively;
- Trace patterns with scissors, pencil;
- Can manipulate zippers and velcro;
- Use tools purposefully.

**to support these developing skills,
at Gretchen's House
we do things like:**

- Increase challenge levels for group games or individual motor activities;
- Climb ropes and trees (as designated safe by the center director);
- **Work with wood** and other raw materials using hammers, saws, sandpaper and hand drills;
- Garden: till, weed, rake, and hoe;
- Dance with props like streamers, bells, and shakers;
- Make multi-dimensional collages with scrap materials;
- Experiment with moving our bodies differently, like elephants, for example, during dramatic play;
- Work in teams to do things like somersaults, form pyramids, or "row a boat."

guidance

At Gretchen's House we:

- Have children help develop classroom rules and determine consequences for disruptive behavior;
- Encourage children to work out **frustration** by talking or constructive expression: writing or artwork;
- Encourage children to work out problems with each other, coaching them when needed;
- Balance active and quiet times to give children time to regroup from excitement or challenges;
- Model polite and respectful behavior;
- Limit activity choices for disruptive children;
- Keep children in small groups whenever possible.

**Easy ways to make a 5 year old
feel powerful:**

- Let them help plan and evaluate activities;
- Give them time alone with mom, dad, or other special adults;
- Let them help prepare meals and snacks;
- Have them help younger children with activities and chores;
- When they "fail," make a plan together to do better next time;
- Let children arrange their play spaces and decorate them;
- Listen to their stories and ask open ended questions about what they say.

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Active Learning at Gretchen's House



**your
5-6 year old
child:**

**-curious-
-compassionate-
-sociable-**

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cognitive development

Between 5-6 years, most children:

- Count 10 objects using one-to-one correspondence;
- Understand more/less/equal than;
- Identify patterns;
- Create patterns;
- Form hypotheses about objects and test them;
- Begin to understand addition and subtraction concepts;
- Use clues and context to solve problems.

**to support these developing skills,
at Gretchen's House
we do things like:**

- Review the calendar and weather at circle time each day;
- Graph results from experiments, e.g. how many people prefer each type of apple;
- Predict outcomes: Which things will float?
- Discuss results: Why does a cork float?
- Use cooking activities to discuss basic math concepts;
- Use pattern work to practice prediction, sequencing, and categorization skills;
- Discuss basic **hygiene**: how germs make people sick, and what we can do to avoid spreading them.

language development

Between 5-6 years, most children:

- Recognize most letters of the alphabet;
- Recognize some sight words;
- Reproduce sounds that letters represent;
- Use picture clues to construct meaning in an unfamiliar story;
- Create and communicate original stories;
- Write first name from memory;
- Make signs with pictures and words;
- Express thoughts in complete sentences;
- Listen attentively;
- Follow and give directions;
- Attempt to rhyme.

**to support these developing skills,
at Gretchen's House
we do things like:**

- Have **language arts centers** for exploration and practice;
- Use journals to draw and write about our experiences;
- Transcribe children's stories in their own words;
- Illustrate familiar stories;
- Search for objects that begin with particular sounds and letters;
- Use circle time and show and tell to practice public speaking and listening;
- Have children describe their artwork and record their words;
- Use fill in the blank and recall games to improve comprehension;
- Have books available and individual and group reading time every day.

social-emotional development

Between 5-6 years, most children:

- Work well independently and cooperatively;
- Seek help when needed;
- Use words to solve problems and communicate concerns;
- Can **delay gratification**;
- Take responsibility for their own belongings;
- Show respect for adults and peers;
- Are concerned with fairness;
- Begin to use if/then statements to get what they want (positive and negative).

**to support these developing skills,
at Gretchen's House
we do things like:**

- Use circle time to discuss group dynamics;
- Have children help determine class rules;
- Expect children to use polite words and tone of voice: say please, thank you, and excuse me;
- Give older children opportunities to help younger ones;
- Do group projects so all children can share their skills and learn from others;
- Practice "**I messages**;"
- Supply **scripts** for problem-solving situations;
- Allow children to play alone when they want privacy;
- Give children classroom jobs so they feel ownership of their space and toys.