

All Stages & Ages



6-7
Years Olds



8-9
Years Olds



10-12
Years Olds



13+
Years Olds

School and Learning

- At this stage, kids are entering their first or second year of elementary school. They enjoy going to school, and it seems fun and exciting.

- Kids enjoy “work” and like to finish what they start in school and outside of the classroom
- Children begin to want their schoolwork to look “right” and mistakes can cause frustration.

- Children realize that thoughts are private and that people see others differently than they see themselves.
- They can argue more than just one side of an issue.

- Young teens start to understand concepts like power and influence.
- They use flexible thinking, like checking work and changing approaches as needed.
- They use flexible thinking, like checking work and changing approaches as needed.

School and Learning Apps:



Family, Wellness, and Communication

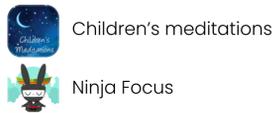
- At this stage, children need routines and consistency in school and at home.
- It's not unusual for children at this stage to have tantrums or get upset when situations don't go their way.
- Don't accept their behavior one day and correct them for the same behavior the next day.

- Here, kids have moments of insecurity and need a lot of positive-reinforcement from their family
- They change often between being helpful and upbeat to being unhelpful and grouchy

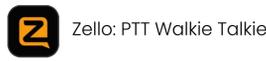
- Kids begin to rely on friends, the news, and social media to get information and form opinions
- They develop a better sense of responsibility and help out around the house
- Simply put, children this age want to be more independent. So, include them in some family discussions and planning.

- These pre-teens will need independence, but also need you and the family to be behind them as they navigate their growing pains and stumbles.
- They are introspective and moody, and need more privacy.
- They are becoming much more self-conscious, and they begin to think more like an adult, and want to discuss adult issues.

Family & Wellness Apps:



Communication Apps:



Creativity, Exploration, and Music

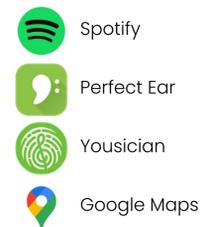
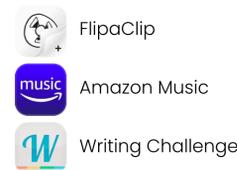
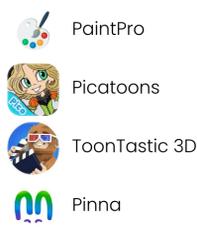
- At this stage, kids can predict what comes next in a pattern, as well as recognize and create their own patterns
- Be able to dance in time with music

- Kids are more curious and their eagerness to explore new things continues to grow.
- Start playing with words to make puns; understand jokes and riddles

- At this stage, older children are increasingly able to think abstractly
- Kids can think for themselves and want to be independent in their artwork or creativity
- They are often more concerned with friends, clothes, and music

- Will exercise creativity by adding in additional rules into games or sports
- Want role playing games in imaginative worlds or playing trade card type games

Creativity, Exploration, and Music Apps



Fitness and Health

- Need physical release and ample outside play time
- Throw and kick a ball, and catch it with both hands
- Ride a bike without training wheels

- Can play and be active for longer periods without getting tired
- Coordinate movements to do things like follow a dance routine
- Better coordinated and like to push their physical limits

- Work well in groups and enjoy clubs and team sports
- May try to develop strength and endurance due to increased muscle mass—especially in boys
- More competitive on the playground and in team activities

- Become a little less coordinated as height and weight change quickly
- Start showing uneven development in skills like agility, balance, strength, and flexibility

Fitness and Health Apps:

