

# I am **FOUR** AND OH, THE THINGS I CAN DO!

## **Physical**

- ♥ I am steadily growing! I will grow about 3 inches taller and gain about 4.4 - 6.5 pounds this year!
- ♥ I need between 1,200 and 2,000 calories a day to sustain my activity and development.
- ♥ I am not good at pacing myself yet and may get cranky if I am not offered enough rest.
- ♥ I need 10-12 hours of sleep each night. Nice, huh?
- ♥ My small muscle development is continuing to catch up with my large muscle development.
- ♥ I now have a definite preference for my right or left hand.
- ♥ My tummy no longer protrudes and my legs are longer.
- ♥ I need a minimum of 60 - 90 minutes of physical activity each day.

## **Motor development**

- ♥ I can walk a straight line (watch me walk along a chalk line or tape on the floor!)
- ♥ I can hop on one foot.
- ♥ I can pedal and steer a wheeled toy and can turn corners and avoid obstacles. If I want to.
- ♥ I like to climb ladders and get on top of boxes and crawl through playground equipment.
- ♥ I can jump over objects that are 5 - 6 inches high and I can jump and land on two feet.
- ♥ I can run, start, stop, dart and move around obstacles with ease. I am getting agile!
- ♥ I can throw a ball overhand and my distance and aim are getting better.
- ♥ I can build a tower with ten or more blocks... watch me concentrate and be careful!
- ♥ I can form simple shapes out of clay such as snakes and cookies and hearts.
- ♥ I can reproduce some shapes and letters.
- ♥ I can hold a crayon or pencil with a big kid tripod grasp.
- ♥ I now paint and draw with purpose; I may have an idea in mind of what I want to create!
- ♥ I am becoming more accurate with hitting pegs with a 'hammer' or the keys on a toy piano.
- ♥ I can thread wooden beads on a string.
- ♥ I can run in a circle. Hey, that's a big deal. You do it.

## **Cognitive Development and Language**

- ♥ I recognize that certain words sound familiar.
- ♥ I can name 18-20 uppercase letters. I can write several letters and may be able to write my name.
- ♥ A few of us are beginning to read simple books such as ABC books and books with just a few words.
- ♥ I like stories about how things grow and how things operate.
- ♥ I love wordplay and creating silly language.
- ♥ I understand concepts such as 'tallest', 'biggest', 'same,' and 'more'.
- ♥ I can rotely count to 20 or more.
- ♥ I understand sequencing in daily life such as 'when we get up we get dressed, we have breakfast, we brush our teeth and we go to school.'
- ♥ I can recognize missing puzzle parts or missing parts of a picture.
- ♥ I understand and can communicate about things in the past and things in the future.



# FOUR Year OLD (CONT.)

## **Social and Emotional**

- ♥ I am outgoing, friendly... maybe overly enthusiastic at times.
- ♥ I may have imaginary playmates and have conversations with my imaginary friends
- ♥ I may be boastful and might bend the truth with made up stories.
- ♥ I can cooperate with others and work in group environments.
- ♥ I am proud of my accomplishments and may frequently seek adult approval.
- ♥ I may appear selfish. I might not always be good at taking turns.
- ♥ I like to try to do things by myself. I really do think I can do these things. Hide the car keys.
- ♥ I enjoy role-playing and make-believe games.
- ♥ I am pretty good at using words to solve my problems, rather than physical aggression.

## **Ideas for Enrichment**

- ♥ Encourage your child to be consistent with personal responsibilities (pick up toys, put away clothes, etc.)
- ♥ Provide reasonable consequences for both positive and negative behavior and be consistent.
- ♥ Encourage your child to talk to you and be open with his or her feelings.
- ♥ Consistently reinforce colors, shapes, and spatial relationships (under, over, outside)
- ♥ Arrange times for your child to be with other children in both social and structured settings.
- ♥ Encourage your child to express frustration in an appropriate manner.
- ♥ Teach your child to express positive encouragement to others.
- ♥ Offer compliments for good behavior and achievements.
- ♥ Give your child lots of opportunities to make choices.
- ♥ Provide opportunities to paint, draw and explore art.
- ♥ Encourage empathy with teaching moments.
- ♥ Read to your child, sing and learn rhymes.
- ♥ Play simple board games.



***Participation in gymnastics helps children learn!*** Exciting new research shows that active movement at a very young age facilitates brain development, intellectual achievement, language acquisition, reading readiness, sensory integration and self-esteem. For years scientists and educators believed that the cerebellum functioned simply as the body's 'movement' center, regulating balance, coordination, posture and movement. We now know that the cerebellum plays a much bigger role in our development. The cerebellum has a critical relationship with the cerebral cortex, the highly developed part of the brain that is responsible for memory, attention, thought, language, and perceptual awareness. When we move, the cerebellum feeds information from the cerebral cortex to the cerebellum and back to the cerebral cortex. The Sweet Peas™ Educational Gymnastics programs are designed to promote learning and development through a highly specialized gymnastics education curriculum. Come join the fun!