

# I am SIX and OH, THE THINGS I CAN DO!

## Physical

- ♥ I will grow about 2.5 inches this year and will gain between 5 and 7 pounds!
- ♥ I am likely losing my baby teeth and will soon get my first four permanent molars.
- ♥ My vision is as developed as an adult's vision.
- ♥ My gross motor skills are improving and I can hop, skip, jump, catch a ball in my hands and more!
- ♥ I can probably tell my left from my right.
- ♥ I have more control of my fine motor skills and can write and draw more accurately.
- ♥ I can now dress myself and tie and untie shoelaces.
- ♥ I need to move! Make sure that I have at least one hour of physical activity each day.
- ♥ I should be comfortable in the water and know how to swim independently at least 25 feet.
- ♥ I can throw a ball overhand and can catch a gently thrown ball without clutching it to my chest.
- ♥ I can gallop and skip.
- ♥ I can walk on a beam forwards, sideways and backwards.
- ♥ I can move to a count that is clapped out or musically driven.
- ♥ My limbs are growing! Help me maintain flexibility through fun activities that call for gentle stretching.

## Cognitive Development and Language

- ♥ I understand about 5,000 words.
- ♥ My speech is fluent and I may be quite chatty at times. Or all the time.
- ♥ I know my vital details: I can tell you my full name and my birthday and where I live.
- ♥ I understand opposites such as big and little, dark and light, and on and off.
- ♥ I like rhymes, singing and simple jokes. If they are funny.
- ♥ I can read at least 10 easy words such as 'cat' and 'dad' and 'run'.
- ♥ My art work is becoming more and more detailed.
- ♥ I have a good grasp of numbers and I know how many fingers and toes I have.
- ♥ I can count to 100 and I understand the most basic fractions of half and whole.
- ♥ I am starting to get how certain things are interrelated. I know what comes next in a sequence of familiar events (I eat breakfast first, then lunch, then dinner.)
- ♥ I am starting to understand the concept of time and what it means to be early or to hurry or to dawdle.
- ♥ I understand the idea of conservation. I know that if I pour all of sand from one jar into another there is still the same amount of sand there.



# SIX Year OLD (CONT.)

## **Social and Emotional**

- ♥ I continue to have some fears such as fear of the dark, monsters and big animals.
- ♥ My parents and primary caretakers are my main source of companionship and affection.
- ♥ I developing more meaningful friendships with other children and people I admire.
- ♥ I love imaginary play, make believe, pretend stories and all things magical.
- ♥ I like to be a 'big kid' and I want to help take care of younger children or pets.
- ♥ I am still somewhat focused on myself but I am becoming more understanding of other people's feelings.
- ♥ I like to included in what is going on and am sad if I am excluded.
- ♥ I want to please and will seek your approval and recognition.
- ♥ I anticipate events and look forward to sharing stories and presents and things that I made for you.

## **Ideas for Enrichment**

- ♥ Ask your child to help with simple chores such as dusting, turning off all the lights, watering, etc.
- ♥ Talk with your child about school, activities, teachers and friends.
- ♥ Begin fostering a communicative relationship. Ask your child about things he or she is apprehensive about.
- ♥ Help your child develop patience. Show your child how to let others have their way and praise the kindness.
- ♥ Get involved in your child's schoolwork. Set a good example to support the importance of learning.
- ♥ Praise your child often, but honestly.
- ♥ Focus on what you want your child to do rather than on what not to do. "Please put your toys away" versus "Don't leave your toys here."
- ♥ Continue reading with your child. A lot.
- ♥ Teach your child to set goals.

## ***Participation in gymnastics helps children learn!***

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, posture, coordination, 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. Join the fun!



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