

I am **seven** 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 need about 9 - 12 hours of sleep each night
- ♥ Depending upon my activity level, I need between 1,400 and 1,600 calories each day. A very active 7-year-old may need up to 2,000 calories each day.
- ♥ My gross motor skills are continuing to improve and I am more confident about trying things.
- ♥ My fine motor skills are developing quickly. I can write clearly, use scissors competently and trace well.
- ♥ I can ride a two wheeler with relative ease.
- ♥ I can ride scooters, do handstands, slide down a slip and slide and climb over walls.
- ♥ I should be a proficient swimmer and can learn to dive if you teach me.
- ♥ I can dance, ride a skateboard, skate and climb a ladder.
- ♥ My increasing physical development puts me at risk for injury. I need supervision, reminders about helmets, guidance about traffic, etc.

Cognitive Development and Language

- ♥ I am showing more independence. In every way!
- ♥ I am able to formulate and communicate more complex ideas with 3 or more components, such as "I will take a bath and put my pajamas on so that we can read a book before going to bed."
- ♥ I understand opposites, spatial relationships and basic measurements.
- ♥ I understand basic concepts of length, mass, weight and distance.
- ♥ I understand word analogies such as apple, banana and pear or pillow, sheet and blanket.
- ♥ I understand opposites, spatial relationships and basic measurements.
- ♥ I may be reading simple books on my own and enjoy showing you my reading skills.
- ♥ I can copy increasingly complex shapes such as an octagon or a crown.
- ♥ My art work is becoming more intricate and inclusive as I add ponytails, freckles and clothing on the people I draw.
- ♥ My concepts of time are improving as I may be able to tell time at each hour and half hour.
- ♥ I can identify coins and am learning the values of coins.
- ♥ I can recite the days of the week and understand what day it is today.
- ♥ I enjoy science and learning about living things.
- ♥ I can understand basic concepts of music such as rhythm, pitch and tempo.
- ♥ I am capable of studying music, learning to read music and learning to play an instrument.



seven Year OLD (CONT.)

Social and Emotional

- ♥ I am able to play cooperatively, take turns and let others contribute to the play.
- ♥ I want to be liked and accepted by friends and may have formed strong bonds with a few close friends.
- ♥ I am more aware of what is real and what is pretend. I may lose faith in Santa Claus and the Easter Bunny and the Tooth Fairy.
- ♥ I am perfectly capable of making you think that I still believe in Santa Claus, the Easter Bunny and the Tooth Fairy. Might as well keep a good thing going.
- ♥ I want to please. I am cooperative at school and respectful of adults. I want to be recognized for my efforts.
- ♥ I am aware of exclusionary behaviors and may exclude others and may be hurt if I am excluded.
- ♥ I am increasingly aware of social status and may seek the respect of my peers.

Ideas for Enrichment

- ♥ Play physical outside games with me such as soccer, tag and hide-and-seek.
- ♥ Enjoy inside activities with me such as board games, memory games and puppet theater fun.
- ♥ Let me help prepare meals so that I can learn about measuring, mixing, and following instructions.
- ♥ Help me to learn about music either in instructional or informal settings.
- ♥ Take me to enrichment centers such as children's museums, petting zoos, science centers, etc.
- ♥ Plant a garden or herb box with me.
- ♥ Help me to learn the benefits of discipline in my school work by starting projects early and having enough time to enjoy doing my best.
- ♥ Provide me with projects such as painting stepping stones, building a bird house or making a necklace.
- ♥ Teach me to express gratitude verbally and through written thank you notes.

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. Join the fun!

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