

Resources

Bright Futures: National Center for Education in Maternal and Child's Health, Georgetown University's Public Policy Institute, visit www.brightfutures.org.

**Center for Disease Control and Prevention
Department of Health and Human Services,**
visit www.cdc.gov.

CASEL (Collaborative for Academic, Social and Emotional Learning), Department of Psychology, University of Illinois at Chicago, visit www.casel.org.

Illinois State Board of Education, Social and Emotional Learning Standards, Springfield, Illinois, visit www.isbe.net.

Iroquois-Kankakee Regional Office of Education, Kankakee, Illinois, visit www.i-kan.org.

KAN-I HELP Information Network – Serving residents of Kankakee and Iroquois Counties, visit www.kan-i-help.org.



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Grades 4 to 6

(middle childhood)



Snapshots Of Your Child's Social and Emotional Well-being

Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn.

What to expect

Children develop at their own unique pace, so it's impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

Fourth Graders

- Want to put some distance between themselves and adults, and may rebel against authority
- Need to be part of a group
- Seek independence
- Possess a high activity level
- Verbalize easily, can empathize and express a wide range of emotions
- Can think independently and critically, but are tied to peer standards
- Begin to increase their sense of truthfulness
- Typically lack self-confidence

Fifth Graders

- Tend to be obedient, good natured and fun
- Possess a surprising scope of interests
- Identify with TV characters
- Are capable of increasing independence
- Are becoming more dependable
- Begin gaining an improved self-concept and acceptance of others
- Usually form good personal relationships with teachers and counselors

Sixth Graders

- Show more self-assertion and curiosity
- Are socially expansive and aware
- Are physically exuberant, restless and talk a lot
- Have a range and intensity of emotions and can be moody and easily frustrated
- Can relate feelings
- Are competitive, want to excel and may put down the “out group”
- Often exhibit “off color” humor and silliness, tease and tussle

Ideas for Parents

As a parent, there are many things you can do to promote your child's social and emotional success:

- Provide opportunities for older children to help with cooking, sewing or other chores.
- Provide time and space for an older child to be alone – to read; to do school work; or just to day dream.
- Encourage your child to call a school friend.
- Encourage your child to participate in an organized club or youth group. Many groups encourage skill development with projects or activities that can be worked on in the home.
- Encourage your older child to help with a younger one but avoid burdening older children with too many adult responsibilities. Allow time for play and relaxation.
- Provide opportunities for older children to play games of strategy like checkers, chess or monopoly.
- Remember to provide plenty of food. Older children have larger appetites and will need to eat more.
- Be involved in your child's school – attend events and parent teacher conferences.

