

# Phase - 2nd Grade

AS KIDS AT THIS AGE CONTINUE TO GROW AND LEARN, THEY START TO EVALUATE THEIR WORLD. THERE ARE TWO QUESTIONS THAT THEY WILL CONTINUALLY ASK: 1) IS THIS FAIR? AND 2) WHO IS THE BEST?

LIFE STARTS TO GET A LITTLE MORE COMPETITIVE. AS THEY EVALUATE THEIR WORLD, IT IS GOOD TO REMIND THEM THEY DID THEIR BEST AND THAT YOU LOVE THEM NO MATTER THE SCORE.

## PHYSICALLY



- Still losing those baby teeth and could gain seven pounds.
- Getting better with hand-eye coordination
- Needs about 10-11 hours of beauty sleep.

## SOCIALLY



- Highly competitive situations can be a struggle, so they may need help navigating this and some words of encouragement.
- Alone time and independent work is preferred over group work or play sometimes.
- Things are very black and white, so evaluating what is fair is very important to them. Helping them see there can be gray areas in life is helpful.
- When making friends they may prefer hanging out with friends of a particular gender.

## MENTALLY



- As they grow cognitively, they can concentrate on an activity for up to 30 minutes.
- At this point they are getting better at thinking through cause and effect. This isn't perfect, but they can understand the consequences of their potential actions.
- Their sense of time is growing.
- Kinetic or hands-on learning is the best! The more activities and problem solving they can do with their hands the better they learn.
- At this phase they can start to understand that others might have a different perspective than their own. Stories are a great way for them to learn how to walk in someone else's shoes.

## EMOTIONALLY



- Things might have to be “just so” in their mind. If it isn't perfect, they might feel like they failed. Encouragement will go a long way.
- Emotions can sway, but they are better at controlling them at this phase.
- The phrase “I feel” is very much confused with “I am.” What they feel isn't who they are. They will need some guidance navigating their emotions and how they label themselves.
- Routines and boundaries are a must. When you have these in place they will thrive.
- Like first graders, they can be sensitive to criticism, tone, and body language. Take a few moments to think before reacting. Help them see perspective when it comes to negative behavior.