

# 1st Grade Developmental Guide

## *What's Going on With My 1st Grader?*

The 1st Grade year is an exciting year where your child will become more independent and begin forming their own opinions. There is a sense of transition from the kindergarten class to being among other elementary school children or “the big kids”.

## PHYSICAL DEVELOPMENT

- ♦ Have improved hand-eye coordination.
- ♦ Still developing gross motor skills that should be solidified by play and not competition.
- ♦ Still developing fine motor skills. This becomes important as your first grader begins reading and writing.
- ♦ A steady schedule of restful sleep is crucial during this year. From going to school, to playing with friends, to attending church, your first grader will need a large amount of rest to be proactive the next day.

## EMOTIONAL DEVELOPMENT

### **The 1st Grader may:**

- ♦ Find it hard to make choices because they want to do everything at once.
- ♦ Use what they hear and read to start learning – not just what they see and do.
- ♦ Attempting to think before making decisions.
- ♦ More independent but less secure.
- ♦ Able to identify basic emotions, their likes/dislikes.

## **RELATIONAL DEVELOPMENT**

- ◆ Form and break friendships easily; becomes more critical of others.
- ◆ Able to observe what good traits in a friend are.
- ◆ Learning more about friendships and how they require a lot of cooperation.
- ◆ A tendency to acquire lots of attention and approval from adults.

## **SPIRITUAL DEVELOPMENT**

- ◆ Understands that God loves everyone and the concept of forgiveness.
- ◆ Begins to question God logically, i.e. “Why can’t God be seen?” to discover more.
- ◆ Understands characteristics of God better when explained relationally rather than factual.