

5th Grade Developmental Guide

What's Going on With My 5th Grader?

The 5th grade year is a year of heightened self awareness along with your child finding their place in the world.

PHYSICAL DEVELOPMENT

- ◆ He or she may be experiencing the onset of puberty and their physical activity habits will need to keep pace with their rapidly changing bodies.
- ◆ Exercises for muscle and bone strength is key during this time.
- ◆ 5th graders need about 10 hours of sleep every evening to compensate for the amount of school work and extracurricular activities he or she is involved in.
- ◆ Both males and females going through puberty.
- ◆ Increase in awareness of sexuality and gender.

EMOTIONAL DEVELOPMENT

The 5th Grader may:

- ◆ Accurately able to identify their emotions while also explaining why he feels that way and what he might like to change about that response.
- ◆ Can identify his or her strengths and weaknesses and understands how their emotions affect the choices they make.
- ◆ Becomes easily frustrated and upset about conflicts between family, friends, etc.
- ◆ Aware of stress that may be occurring in the home and taking the stress on themselves.
- ◆ Able to identify and reflect on the possible consequences before expressing his or her emotions.
- ◆ Has developed and exercises a routine on how to handle upset emotions.
- ◆ Begin to compare themselves (physically, intellectually, etc.) to others, which can lead to a positive consequence of motivation but mostly leads to the negative consequence of seeing themselves as, “not enough”.

RELATIONAL DEVELOPMENT

- ◆ Respects diverse perspectives and gains an interest in different cultures.
- ◆ Learning how to maintain meaningful positive relationships.
- ◆ Begins observing the friendships between adults and their parents' relationship for guidance.
- ◆ Girls gain a heightened interest in boys.
- ◆ Has a desire to question rules of the home not to offend, but because he or she feels safe enough in the home to discuss and questions things to the parent.

SPIRITUAL DEVELOPMENT

- ◆ Become more accepting to differing perspectives in the Bible.
- ◆ Open to learn and understand the Holy Spirit.
- ◆ Desire to do more service projects and help people; particularly the poor and homeless.
- ◆ Begins asking challenging "why, how, what" questions such as, "what is the difference between your conscience and the Holy Spirit?", "why does God choose to love us?", "are humans important", etc.
- ◆ Has a desire to understand other religions and Christian sects.
- ◆ A fear of asking questions due to a fear of judgement from peers or parents.
- ◆ Desires an understanding in political and social issues such as war, homosexuality, abortion, terrorism, transgenderism, and any of the US government issues that the media discusses (this is most common with 5th grade boys).