



## *Kindergarten Developmental Guide*

Children in kindergarten are fairly self-sufficient. They are beginning the phase of independence. Whether your child is at half-day or all-day kindergarten or is homeschooled, they are going to be spending some amount of time away from you for the first time. This can be both scary and exciting for parents. But rest assured-- your child is ready for this change.

Here are some of the developmental changes they are experiencing right now.

### **Physical**

- Perform locomotor skills, including running, jumping, leaping, sliding, and skipping
- Engage in one to two minutes of moderate to intense physical activities, leading to increased heart rate, breathing, and perspiration
- Possess strength to lift and support their own body weight for a variety of activities (hopping, jumping, hanging)
- Show left- or right-handed dominance
- Can perform self-care tasks with fine motor dexterity (zipping, buttoning, etc.)

### **Emotional**

- Understand the difference between right and wrong
- Can verbalize feelings appropriately
- Can play independently and also with peers without constant supervision
- Wants to make decisions for themselves
- Are willing to take "safe" risks

### **Relational**

- Enjoys playing with friends
- Can play cooperatively with peers
- Will encourage others
- Respects authority figures
- Recognize that others have feelings

### **Spiritual**

- Begin to understand what they see/hear (This is a great time to begin reading the Bible to your child.)
- May ask questions about spirituality because of their desire for learning
- May instinctively begin to calm themselves down and correct their own behavior because of their new ability to manage feelings
- Have very close relationships with mom and dad, who have a great deal of influence at this stage