

Social-Emotional Development 16-18

Children between the ages of 16 and 18 are typically able to exert self control. Their relationships with their friends are more meaningful and they are starting to feel comfortable being themselves. Here are some additional things you might see from teens ages 16 to 18:

Self-Management Skills

- Increased emotional stability
- Shows increased independence
- Takes responsibility for own actions

Self-Awareness Skills

- Knows their strengths and weaknesses
- Increased desire to seek out new experiences
- More self assured and comfortable in their skin

Social Awareness Skills

- More sensitive to other people's emotions
- May emotionally distance self from family
- Appreciates other people's opinions
- Increased curiosity about political issues and social causes

Responsible Decision Making Skills

- Learns to use deductive reasoning to make educated guesses
- Knows that their actions now can impact them in the future

Relationship Skills

- Has more interest in the opposite sex
- Has a deeper capacity for caring and sharing
- Interested in dating and being intimate



Social-Emotional Development Ages 5-6

Children in the 5-6 age range show more self control. For example, many 5 and 6 year olds are able to sit still in school and follow directions. However, they are still prone to the occasional outburst if things don't go their way. Here are some additional things you might be seeing from your 5 and 6 year olds:

Self-Management Skills

- Able to use words to describe feelings
- Able to stop and think before acting
- Able to wait their turn

Self-Awareness Skills

- Notice difference between self and others
- Identifies with a particular gender (may only want to play with that gender)
- Begins to understand what it means to be embarrassed

Social Awareness Skills

- Sensitive to how other people feel
- Develops an understanding of social challenges (i.e. poverty)

Responsible Decision Making Skills

- Can make a choice between two or more options
- Understands the consequences of their actions

Relationship Skills

- Accepts others' opinions
- Wants to please friends
- Imitates friends' behaviors
- Plays respectfully with others
- Able to resolve conflicts with friends
- Enjoys being around friends



Social-Emotional Development Ages 7-8

Seven and eight year olds enjoy making friends and you might see them imitating their friend's behaviors and mannerisms. Children this age will try and work conflicts out on their own. However, they will still sometimes seek out help from adults to solve problems with peers. Here are some additional things you might be seeing from your 7 and 8 year olds:

Self-Management Skills

- Expresses feelings with words
- Able to delay gratification
- Able to use coping skills when upset
- Able to manage transitions

Self-Awareness Skills

- Knows their wants and needs
- Sense of self- worth is emerging
- Can be very self-critical
- Describes self based on external and behavioral characteristics (i.e. I have a dog. I like to swim)

Social Awareness Skills

- Shows interest in abstract concepts (i.e. justice)
- Shows compassion for people who experience social difficulties (i.e. poverty)
- Relies on adults for security

Responsible Decision Making Skills

- Thinks of pros and cons of different options
- Able to identify consequences for actions

Relationship Skills

- Share opinions with peers
- Able to resolve conflicts with friends
- Can be competitive when playing games
- Make friends with opposite gender
- Imitate their friends



Social-Emotional Development 14-16

Children between the ages of 14 and 16 usually begin to show more emotional maturity and are more focused on their social lives as opposed to spending time with their families. Here are some additional things you might be seeing from teens ages 14 to 16:

Self-Management Skills

- Becomes more self-sufficient
- Improved organizational skills
- Better able to express feelings with words

Self-Awareness Skills

- Beginning to develop personal values and morals
- Compares self to others
- May be preoccupied with personal appearance
- More reflective and insightful
- More interested in self-exploration (who am I)

Social Awareness Skills

- Questions authority and family values
- Believe justice and equality are important issues
- Wants to explore the world beyond their own community

Responsible Decision Making Skills

- Knows the difference between right and wrong
- Can give hypothetical solutions to problems

Relationship Skills

- Making friends becomes important (i.e. wanting to be popular)
- Strong desire to have a best friend
- Loyal to peer group
- Seeking acceptance and trust from peers



Social-Emotional Development Ages 11-13

During ages 11 to 13 we see significant changes in children's social and emotional development, which might be attributed to the onset of puberty. Children in this age range also show an increased need to assert their independence. Here are some additional things you might be seeing from kids in the 11-13 age range:

Self-Management Skills

- Takes responsibility for themselves (i.e. does homework with no help)
- Learning to manage emotions such as fear and rejection
- Capable of setting personal goals

Self-Awareness Skills

- Sensitive to what others think of them
- May struggle with sense of self
- Exploring personal values and morals
- Defines self through culture, environment, music, friends, clothes, etc.)

Social Awareness Skills

- Learning to value and accept other people's point of view

Responsible Decision Making Skills

- Ask for help when needed
- Understands that there are consequences for their actions

Relationship Skills

- Values the opinions of friends
- Develop intimate relationships
- Able to problem solve and negotiate with peers
- Seeks advice from friends



Social Emotional Development Age 4

At age 4, children are more willing to explore their emotions and find positive ways to express how they are feeling. However, they might still have the occasional tantrum when they are frustrated. Children this age enjoy being around other kids. Here are some additional things you might be seeing from your 4 year old:

Self-Management Skills

- Able to talk about feelings
- Better able to manage impulses
- Follows simple directions

Self-Awareness Skills

- Interested in new experiences
- Views self as someone with a body, mind, and feelings
- Can recognize and identify emotions

Social Awareness Skills

- Shows empathy for others
- Compares self to other kids
- Beginning to understand that not everyone thinks and acts like them or share the same beliefs

Responsible Decision Making Skills

- Able to think through a problem to find a solution
- Understands right from wrong

Relationship Skills

- Shows interest in being part of a group
- Listens to others
- Shares with other people
- Cooperates with others
- Affectionate with friends and family



Social-Emotional Development Ages 9-10

Nine and ten year olds tend to be more emotionally mature at this stage. They are better able to handle frustrations and conflicts on their own. Here are some additional things you might be seeing from your 9 and 10 year olds:

Self-Management Skills

- Expresses emotions appropriately
- Can control their anger most of the time
- Stands up for themselves
- Shows good sportsmanship

Self-Awareness Skills

- Explores likes and dislikes
- Strong sense of what's fair

Social Awareness Skills

- Sensitive to the feelings of others
- Interested in current events
- Interested in social issues (i.e. homelessness)

Responsible Decision Making Skills

- Able to choose best solution to a problem
- Analyzes decision to see if it is working

Relationship Skills

- Responds to peer pressure appropriately
- Able to ask friends for help
- Spends time with a few close friends
- Talks to friends frequently
- Curious about relationships between boys and girls

