

Pictures for Reflection



I am 10 Years Old: Watch me Grow

As boys and girls grow beyond early childhood and prepare to become adolescents, they experience a wide range of emotional, social, cognitive, and physical transitions. Frequently, for the 10 year old, these rapid changes leave them critically questioning, reflectively wondering, and deeply feeling. They navigate different affiliations, test their competencies, and assume a variety of roles.

In order to most effectively support the emerging competencies of the 10 year old, in all instances, adults demonstrate sincere caring, responsive listening, and diligent observing. Most importantly, adults acknowledge each 10-year-old is a unique individual and consequently, recognize the reality of a varying developmental continuum. This means, as much as 10 year olds want to be just like their peers and fit into a group, each 10 year old follows their own individual growth changes. Ten year olds share some common characteristics.

I am competent.

I am knowledgeable.

I am a friend.

I design complex interactions.

I feel close to my family.

I cooperate with a group to share goals.

I assert and lead.

I sometimes evidence inappropriate behaviors (bullying, teasing, cruelty).

I, with friends, engage in elaborate social routines/rituals.

I negotiate, argue, and persuade.

I demonstrate advances in my language, thinking, and concentration.

I evidence physical changes.

I want my privacy.

I need to exert some control.

I want to “fit in.”

I seek independence.

I demonstrate strong emotions.

I am frequently hungry.

I need my sleep.

The 10 year-old is excited about entering the wider world and meeting different people. They ponder whether to become astronauts, ballerinas, or train engineers. Adults provide 10-year-olds with choice, wonder, and opportunity; it is only when the 10-year-old experiences novel and interesting events that they may practice, rehearse, and dream their futures.

References:

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