

Five to Seven Year Olds

Physical	Social	Emotional	Intellectual	Activities
<ul style="list-style-type: none"> Mastering physical skills 	<ul style="list-style-type: none"> Learning to be friends 	<ul style="list-style-type: none"> See fairness as being nice to others so they will be nice in return 	<ul style="list-style-type: none"> Increasing attention span 	<i>Provide opportunities for:</i>
<ul style="list-style-type: none"> Better control of large muscles than small muscles 	<ul style="list-style-type: none"> More aware of peers 	<ul style="list-style-type: none"> Seek parent and adult approval 	<ul style="list-style-type: none"> More interested in process than product 	<ul style="list-style-type: none"> Experimentation using bodies and materials
<ul style="list-style-type: none"> High activity level 	<ul style="list-style-type: none"> Experiencing empathy for others 	<ul style="list-style-type: none"> Behave in ways to avoid punishment 	<ul style="list-style-type: none"> Learning to sort and arrange things into categories 	<ul style="list-style-type: none"> Active, boisterous games
<ul style="list-style-type: none"> Working on eye-hand coordination 	<ul style="list-style-type: none"> Still family oriented 	<ul style="list-style-type: none"> Developing modesty 	<ul style="list-style-type: none"> Learning right and wrong, cause and effect 	<ul style="list-style-type: none"> Climbing, balance and rhythmic activities
	<ul style="list-style-type: none"> Aware of sexual differences 	<ul style="list-style-type: none"> Expressing feelings and emotion 	<ul style="list-style-type: none"> Can distinguish reality from fantasy, but may be afraid of scary figures 	<ul style="list-style-type: none"> Cutting, pasting, drawing, etc.
	<ul style="list-style-type: none"> Want to structure their environment with home 	<ul style="list-style-type: none"> Feeling upset is usually short term 		<ul style="list-style-type: none"> Group cooperation
	<ul style="list-style-type: none"> Want assurances of an adult's presence 			<ul style="list-style-type: none"> Use of senses

Eight to Ten Year Olds

Physical	Social	Emotional	Intellectual	Activities
<ul style="list-style-type: none"> Increase in large muscle development 	<ul style="list-style-type: none"> See adults as authority figures 	<ul style="list-style-type: none"> Imitate older boys and girls 	<ul style="list-style-type: none"> Quick, eager and enthusiastic 	<i>Provide opportunities for:</i>
<ul style="list-style-type: none"> Increases strength, balance and coordination 	<ul style="list-style-type: none"> Follow rules out of respect for authority 	<ul style="list-style-type: none"> Seek acceptance from peer groups 	<ul style="list-style-type: none"> Vary in academic abilities, interests and reasoning 	<ul style="list-style-type: none"> Organized team games and sports where everyone can be successful
<ul style="list-style-type: none"> Active, energetic, often restless and fidgety 	<ul style="list-style-type: none"> Can be noisy and argumentative 	<ul style="list-style-type: none"> Looks to adults for guidance 	<ul style="list-style-type: none"> Increased attention span, but interests change rapidly 	<ul style="list-style-type: none"> Exploring the world
<ul style="list-style-type: none"> Boys and girls maturing at different rates 	<ul style="list-style-type: none"> Feels loyalty to friendship group 	<ul style="list-style-type: none"> Compares self to others 	<ul style="list-style-type: none"> Beginning to think logically and symbolically 	<ul style="list-style-type: none"> Discussing others' viewpoints
<ul style="list-style-type: none"> Increase in eye-hand and small muscle coordination 	<ul style="list-style-type: none"> Identifies with same sex group 	<ul style="list-style-type: none"> Self-conscious, afraid to fail, sensitive to criticism 	<ul style="list-style-type: none"> Want to know how, what and why 	<ul style="list-style-type: none"> Self-expression through creative writing and acting
	<ul style="list-style-type: none"> Increased reasoning and problem solving skills 	<ul style="list-style-type: none"> Teasing is a method of responding to being upset 	<ul style="list-style-type: none"> Difficulty with differing opinions 	<ul style="list-style-type: none"> Making and doing "real" things and using tools
	<ul style="list-style-type: none"> Learning to compromise and negotiate 	<ul style="list-style-type: none"> Feel too "cool" for emotions 		

Eleven to Thirteen Year Olds

Physical	Social	Emotional	Intellectual	Activities
<ul style="list-style-type: none"> • Wide range of sexual maturity 	<ul style="list-style-type: none"> • Increased interest in opposite sex 	<ul style="list-style-type: none"> • Compare themselves to others 	<ul style="list-style-type: none"> • Need information for decisions 	<i>Provide opportunities for:</i>
<ul style="list-style-type: none"> • Growth patterns between genders and within gender groups 	<ul style="list-style-type: none"> • Seek acceptance and trust of peers rather than parents 	<ul style="list-style-type: none"> • Conscious about bodily changes 	<ul style="list-style-type: none"> • Justice and equality important 	<ul style="list-style-type: none"> • Structured and adult-like activities
<ul style="list-style-type: none"> • Growth of hands and feet, nose and ears may be faster than arms, legs and face, causing concern over appearance 	<ul style="list-style-type: none"> • Imitate the hairdos, dress and mannerisms of role-models 	<ul style="list-style-type: none"> • Concerned with being liked 	<ul style="list-style-type: none"> • Think abstractly and hypothetically 	<ul style="list-style-type: none"> • Exploring other cultures
<ul style="list-style-type: none"> • My experiment with sensory stimulation, e.g. drugs and alcohol 	<ul style="list-style-type: none"> • Question authority and family values 	<ul style="list-style-type: none"> • Want freedom, yet want and need parent help 	<ul style="list-style-type: none"> • Can solve complex problems 	<ul style="list-style-type: none"> • Completing projects
	<ul style="list-style-type: none"> • Discipline can be a problem because of spirit of group 	<ul style="list-style-type: none"> • Seek privacy from parents/adults 	<ul style="list-style-type: none"> • Can imagine consequences 	<ul style="list-style-type: none"> • Discussing issues and opposite sex with friends
	<ul style="list-style-type: none"> • Friendship groups or cliques are often small but intense 	<ul style="list-style-type: none"> • Seek ways to deal with emotion 	<ul style="list-style-type: none"> • Ready for in-depth, long-term experiences 	<ul style="list-style-type: none"> • Want a part in decision making
		<ul style="list-style-type: none"> • Exaggerations and sarcasm are frequently used 	<ul style="list-style-type: none"> • Shift from fantasy to realistic life goals 	<ul style="list-style-type: none"> • Fun learning experiences
				<ul style="list-style-type: none"> • Activities with opposite sex

Fourteen to Seventeen Year Olds

Physical	Social	Emotional	Intellectual	Activities
<ul style="list-style-type: none"> • Sexual maturity 	<ul style="list-style-type: none"> • Independence from family 	<ul style="list-style-type: none"> • Identification with an admired adult 	<ul style="list-style-type: none"> • Want their point of view heard 	<i>Provide opportunities for:</i>
<ul style="list-style-type: none"> • Concerned about body image, complexion 	<ul style="list-style-type: none"> • Search for intimacy 	<ul style="list-style-type: none"> • Beginning to accept their individuality, but seek approval, respect of peers 	<ul style="list-style-type: none"> • Enjoying demonstrating knowledge 	<ul style="list-style-type: none"> • Participate in decision making
<ul style="list-style-type: none"> • Smaller range in size and maturity among peers 	<ul style="list-style-type: none"> • Prefer to set their own goals 	<ul style="list-style-type: none"> • Multiple roles 	<ul style="list-style-type: none"> • No patience with meaningless activity 	<ul style="list-style-type: none"> • Show and value individual differences
<ul style="list-style-type: none"> • Realistic view of limits to which body can be used 	<ul style="list-style-type: none"> • More accepting of differences 	<ul style="list-style-type: none"> • Introspective 	<ul style="list-style-type: none"> • Good problem solvers, but are frustrated when they are not consulted 	<ul style="list-style-type: none"> • Take on responsibility for others
<ul style="list-style-type: none"> • Desire for adrenaline rush 	<ul style="list-style-type: none"> • Makes and keeps commitments 	<ul style="list-style-type: none"> • Can see self as others see them 	<ul style="list-style-type: none"> • Idealistic view of adult life 	<ul style="list-style-type: none"> • Apply leadership skills
<ul style="list-style-type: none"> • Boys have enormous appetites; girls tend to watch weight 	<ul style="list-style-type: none"> • See adults as fallible (often exaggerated) 	<ul style="list-style-type: none"> • Can imitate, carry out tasks without supervision 	<ul style="list-style-type: none"> • Thinking of college, employment and marriage 	<ul style="list-style-type: none"> • Self expression
	<ul style="list-style-type: none"> • Renegotiate relationships 	<ul style="list-style-type: none"> • Desire a role in determining what happens 		<ul style="list-style-type: none"> • Discuss issues and values
	<ul style="list-style-type: none"> • Want adult leadership roles 			

Eighteen to Twenty-Five Year Olds

Physical	Socioemotional	Moral	Intellectual	Activities
<ul style="list-style-type: none"> Physical peak; most physical abilities are well-developed 	<ul style="list-style-type: none"> Search for life partner and sense of familial stability occurs 	<ul style="list-style-type: none"> Awareness of concerns for society; people think in terms of consequences outside themselves 	<ul style="list-style-type: none"> Abilities developed as a teen continue to be honed; creativity thought to be at its peak 	<p><i>Provide opportunities for:</i></p>
<ul style="list-style-type: none"> High activity level; structured activities and competitive recreation experiences are desired 	<ul style="list-style-type: none"> Enjoy mixed-sex activities; circle of friends expands through work and neighborhood relationships 	<ul style="list-style-type: none"> Some believe morality based on legitimate authority, others perceive the notion of assumed social contract (greatest good for greatest number) 	<ul style="list-style-type: none"> Abstractions and complex thought are easily handled for most 	<ul style="list-style-type: none"> Physical and cognitive prowess to be expressed; a variety of structured and unstructured activities
<ul style="list-style-type: none"> Concern for fitness can influence activity choices and intensity of play 	<ul style="list-style-type: none"> Personal identity is firmed up; most in this age group are happy with who they are 	<ul style="list-style-type: none"> Social consciousness develops 	<ul style="list-style-type: none"> Tend to have a concern for community and world as much as self 	<ul style="list-style-type: none"> Creative outlets are desirable; allow flexibility in choices and self-directed activities
	<ul style="list-style-type: none"> Both group and individual activities are sought and enjoyed 			<ul style="list-style-type: none"> Allow group development to occur naturally
	<ul style="list-style-type: none"> Risks taken to enhance life enjoyment as well as intimacy and connections with others 			<ul style="list-style-type: none"> Bear in mind competitive nature of many in this age group, and the need for structured, social, competitive situations
				<ul style="list-style-type: none"> Opportunities for risk-taking

Twenty-Six to Forty Year Olds

Physical	Socioemotional	Moral	Intellectual	Activities
<ul style="list-style-type: none"> Some still at physical peak; some slowing due to family and work interfering with activity level 	<ul style="list-style-type: none"> Settled with decisions relative to family structure; often a couple orientation 	<ul style="list-style-type: none"> Some believe morality is based on legitimate authority 	<ul style="list-style-type: none"> Creativity, logic, reasoning, problem solving, and hypothesis testing are well-developed 	<p><i>Provide opportunities for:</i></p>
<ul style="list-style-type: none"> Finesse becomes more important than strength 	<ul style="list-style-type: none"> Concern for both one's children as well as aging parents 	<ul style="list-style-type: none"> Perceive the notion of assumed social contract (greatest good for greatest number) 	<ul style="list-style-type: none"> Mental and cognitive challenges are important and fun for the group 	<ul style="list-style-type: none"> Family activities; recognize the pull of family and work responsibilities and be flexible
<ul style="list-style-type: none"> Work to refine a few physical skills; often related to fitness and weight 	<ul style="list-style-type: none"> Focus on social position and status become important as people define themselves in terms of work and family 	<ul style="list-style-type: none"> Others wrestle with defining their own sense of principles 	<ul style="list-style-type: none"> Very aware of self in terms of larger society; often a global perspective is held 	<ul style="list-style-type: none"> Be prepared for great diversity in desire for structured and self-directed recreational and competitive activities
<ul style="list-style-type: none"> Becoming increasingly sedentary 	<ul style="list-style-type: none"> Work interferes with personal and leisure life 			<ul style="list-style-type: none"> Laissez-Faire, participative, and coaching styles are effective leadership approaches for this age group
				<ul style="list-style-type: none"> Open communication with participants is important

Forty-One to Sixty Year Olds

Physical	Socioemotional	Moral	Intellectual	Activities
<ul style="list-style-type: none"> Changes in physical abilities occur 	<ul style="list-style-type: none"> Family is center of activity; much activity is based on children's interest 	<ul style="list-style-type: none"> Most agree that unwritten social contract exists 	<ul style="list-style-type: none"> Creativity, logic, reasoning, problem solving, hypothesis testing developed 	<p><i>Provide opportunities for:</i></p>
<ul style="list-style-type: none"> Eyesight changes, strength and flexibility lessen 	<ul style="list-style-type: none"> Work-related stresses evident 	<ul style="list-style-type: none"> Social contract determines one's sense of morality 	<ul style="list-style-type: none"> Focus on one's career 	<ul style="list-style-type: none"> Be aware of tremendous variety in skills, desires and interests
<ul style="list-style-type: none"> Metabolism slows, muscle mass is lost, and weight gain is common 	<ul style="list-style-type: none"> Focus on social position and security in old age 	<ul style="list-style-type: none"> Refining their own ethical principles and standards for decision-making 	<ul style="list-style-type: none"> Understanding of global and social issues is apparent 	<ul style="list-style-type: none"> Nuances of strategy and sophistication in activities appropriate
<ul style="list-style-type: none"> Fitness and social contacts are typical motivations for activity 	<ul style="list-style-type: none"> Sense of one's mortality gained 			<ul style="list-style-type: none"> Leisure viewed as step to social status and position; be aware of motivation
<ul style="list-style-type: none"> Overall physical activity declines 	<ul style="list-style-type: none"> Sense of mortality leads to questions place in world and their contributions 			<ul style="list-style-type: none"> Leader role is facilitative; older adults are clearly in charge
	<ul style="list-style-type: none"> Stable, long-lasting social contacts exist 			<ul style="list-style-type: none"> Conflict decreases

Sixty-One to Seventy-Four Year Olds

Physical	Socioemotional	Moral	Intellectual	Activities
<ul style="list-style-type: none"> Tremendous variation in physical capabilities 	<ul style="list-style-type: none"> Connections with family and friends increasingly important 	<ul style="list-style-type: none"> One's principles usually well-established 	<ul style="list-style-type: none"> Some slowing and lessening of cognitive abilities occurs 	<p><i>Provide opportunities for:</i></p>
<ul style="list-style-type: none"> Some in excellent health, some have debilitating health problems 	<ul style="list-style-type: none"> Happiness common emotion; choose to make lives exciting 	<ul style="list-style-type: none"> Focus on needs in society and their role in those efforts 	<ul style="list-style-type: none"> Stresses related to retirement and life changes may occur 	<ul style="list-style-type: none"> Recognize wide range in physical and mental health
<ul style="list-style-type: none"> Lessening in eyesight, hearing, balance, strength and flexibility 	<ul style="list-style-type: none"> Disease and death of self and others faced 		<ul style="list-style-type: none"> Refocus on work, volunteerism, leisure pursuits or one's family 	<ul style="list-style-type: none"> Focus on social interactions; treat all participants with respect and dignity
<ul style="list-style-type: none"> Arthritis common; sleep and weight gain concerns 	<ul style="list-style-type: none"> Social isolation may occur 			<ul style="list-style-type: none"> Utilize strengths and experience of participants
	<ul style="list-style-type: none"> Engage in life reflection 			<ul style="list-style-type: none"> Introduce new activities
	<ul style="list-style-type: none"> Financial stability and quality of life prominent issues 			<ul style="list-style-type: none"> Encourage personal leadership and choice in leisure

Seventy-Five+ Year Olds

Physical	Socioemotional	Moral	Intellectual	Activities
<ul style="list-style-type: none"> Tremendous variation in physical capabilities 	<ul style="list-style-type: none"> Social isolation affects this group more than any other 	<ul style="list-style-type: none"> One's principles usually well-established 	<ul style="list-style-type: none"> Continued slowing and lessening of cognitive abilities 	<p><i>Provide opportunities for:</i></p>
<ul style="list-style-type: none"> Some in excellent health, some have debilitating health problems 	<ul style="list-style-type: none"> Disease and death common in life (peers and partners) 	<ul style="list-style-type: none"> Focus on needs in society and their role in those efforts 	<ul style="list-style-type: none"> Increased mental illness and senility 	<ul style="list-style-type: none"> Recognize wide range in physical and mental health
<ul style="list-style-type: none"> Hearing and visual impairments common; decrease in mobility, brittle bones, and circulatory problems 	<ul style="list-style-type: none"> Most elderly women live alone and many older people are living in care centers 		<ul style="list-style-type: none"> Many are as cognitively sharp as younger folks 	<ul style="list-style-type: none"> Focus on individual needs and capabilities; focus on social interactions – intergenerational programs
<ul style="list-style-type: none"> Balance an issue, recovery from serious injury or illness can be difficult 	<ul style="list-style-type: none"> Financial stability and quality of life are prominent issues; almost a quarter live in poverty 			<ul style="list-style-type: none"> Provide opportunities for independence, but prepared to assist when needed
<ul style="list-style-type: none"> More women than men alive 				<ul style="list-style-type: none"> Introduce new activities
				<ul style="list-style-type: none"> Encourage personal leadership and choice in leisure