

# Early Elementary 5-8 years

	What to Expect	How to Nurture it
Social - Emotional	Builds friendships; shows empathy; starts handling conflict with basic problem-solving.	Talk about empathy; help them navigate peer relationships; use stories to explore conflict resolution.
Cognitive	Thinks logically; understands rules and consequences; begins planning and organizing ideas.	Offer puzzles and strategy games; discuss plans out loud; encourage open-ended questions.
Physical	Refines motor skills; participates in sports; writes letters clearly; increased endurance.	Encourage outdoor play and sports; provide craft activities; support self-care tasks.
Language	Reads simple books; writes basic sentences; uses vocabulary to explain thoughts and ideas.	Visit the library; write letters and lists together; ask open-ended questions about books.
Mathematics	Adds and subtracts within 20; solves simple word problems; understands time and measurement.	Play board games with counting; cook together using measuring tools; use calendars and clocks.
Science and Technology	Conducts basic experiments; records observations; uses tools to explore science concepts.	Try home science experiments; introduce measuring tools; watch educational videos and documentaries.
Social Studies	Explores communities, maps, time, and historical changes; understands rules and responsibilities.	Talk about rules, fairness, and responsibility; explore maps; visit museums or historical sites.
The Arts	Draws with detail; sings in tune; performs skits or dances; explores various art forms independently.	Enroll in music, dance, or art classes; offer varied supplies; support storytelling and performances at home.