

Preschool 3-5 years

	What to Expect	How to Nurture it
Social - Emotional	Engages in cooperative play; expresses a wider range of emotions; begins to understand others' feelings.	Encourage pretend play; read books about feelings; role-play sharing and taking turns.
Cognitive	Asks many questions; follows multi-step directions; understands time concepts like today/tomorrow.	Answer questions patiently; play matching and sorting games; use visual schedules.
Physical	Improves balance and coordination; rides tricycles; cuts with scissors; draws shapes.	Set up obstacle courses; offer art materials; practice dressing with zippers and buttons.
Language	Speaks in full sentences; tells simple stories; begins recognizing letters and rhyming words.	Encourage storytelling; play rhyming games; practice writing letters.
Mathematics	Counts to 10 or higher; recognizes shapes and patterns; compares sizes and quantities.	Sing number songs; build patterns with beads or blocks; compare sizes during play.
Science and Technology	Asks detailed questions; observes and describes natural events; begins predicting outcomes.	Grow plants together; observe weather; use magnifying glasses or flashlights during play.
Social Studies	Understands family structures and cultural traditions; begins to explore similarities and differences.	Share family traditions and stories; compare customs with others in books and conversations.
The Arts	Creates representational art; sings simple songs; uses dramatic play to act out stories.	Set up an art station; encourage pretend play; attend local performances or puppet shows.