

All Stages & Ages



6-7
Years Olds



8-9
Years Olds



10-12
Years Olds



13+
Years Olds

School and Learning

- At this stage, kids are entering their first or second year of elementary school. They enjoy going to school, and it seems fun and exciting.

- Kids enjoy “work” and like to finish what they start in school and outside of the classroom
- Children begin to want their schoolwork to look “right” and mistakes can cause frustration.

- Children realize that thoughts are private and that people see others differently than they see themselves.
- They can argue more than just one side of an issue.

- Young teens start to understand concepts like power and influence.
- They use flexible thinking, like checking work and changing approaches as needed.
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School and Learning Apps:



Dragon Box Elements



Rivet



Scratch Jr.



Dragon Box Algebra 5+



Inventioneers



Epic!



Duolingo



Science Journal



Lightbox



Amazon Kindle



Khan Academy



Duolingo



Hoopla

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13+ Years Olds

Family, Wellness, and Communication

- At this stage, children need routines and consistency in school and at home.
- It's not unusual for children at this stage to have tantrums or get upset when situations don't go their way.
- Don't accept their behavior one day and correct them for the same behavior the next day.

- Here, kids have moments of insecurity and need a lot of positive-reinforcement from their family
- They change often between being helpful and upbeat to being unhelpful and grouchy

- Kids begin to rely on friends, the news, and social media to get information and form opinions
- They develop a better sense of responsibility and help out around the house
- Simply put, children this age want to be more independent. So, include them in some family discussions and planning.

- These pre-teens will need independence, but also need you and the family to be behind them as they navigate their growing pains and stumbles.
- They are introspective and moody, and need more privacy.
- They are becoming much more self-conscious, and they begin to think more like an adult, and want to discuss adult issues.

Family & Wellness Apps:



Children's meditations



Ninja Focus



MyLife Meditation



Smiling Mind



Dogo



IMood Journal



Inner Balance



Pet First Aid



Family Search Memories



Five Minute Journal



iIPets



FamilyWall



MyAquarium

6-7 Years Olds

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10-12 Years Olds

13+ Years Olds

Communication Apps:



Zello: PTT Walkie Talkie



FamilySearch Memories



Zoom



GotoMeeting

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Creativity, Exploration, and Music

- At this stage, kids can predict what comes next in a pattern, as well as recognize and create their own patterns
- Be able to dance in time with music

- Kids are more curious and their eagerness to explore new things continues to grow.
- Start playing with words to make puns; understand jokes and riddles

- At this stage, older children are increasingly able to think abstractly
- Kids can think for themselves and want to be independent in their artwork or creativity
- They are often more concerned with friends, clothes, and music

- Will exercise creativity by adding in additional rules into games or sports
- Want role playing games in imaginative worlds or playing trade card type games

Creativity, Exploration, and Music Apps:



PaintPro



Picatoons



ToonTastic 3D



Pinna



Spotify Kids



Story Dice



Google Culture



Amazon Music



Writing Challenge



Spotify



Perfect Ear



Yousician



Google Maps

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Fitness and Health

- Need physical release and ample outside play time
- Throw and kick a ball, and catch it with both hands
- Ride a bike without training wheels

- Can play and be active for longer periods without getting tired
- Coordinate movements to do things like follow a dance routine
- Better coordinated and like to push their physical limits

- Work well in groups and enjoy clubs and team sports
- May try to develop strength and endurance due to increased muscle mass—especially in boys
- More competitive on the playground and in team activities

- Become a little less coordinated as height and weight change quickly
- Start showing uneven development in skills like agility, balance, strength, and flexibility

Fitness and Health Apps:



Activate Fitness



Streetkickers



USA Hockey Mobile Coach



133t Basketball Training



USA Baseball Coach



BASIQs Baseball