



*10 to 12 yo*  
*framework*

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# Framework

## 10 to 12 Year Olds

The human being was created in the image and likeness of God. We are brought to this earth to enjoy God's immense love in His beautiful creation. It is because of this that we are capable of learning from life: we need to experience, explore, and use our whole bodies, minds, and souls, to develop skills, learn concepts, and live a virtuous life that will lead us to our Creator.

Children are God's special blessing to us and the world, brought with particular gifts and a unique mission. Not only that, but they will become the people who run tomorrow's world. The roles will revert and its them whom will end up taking care of us. It is important to understand that even though they need to learn to live in this world, it is in our hands to educate our kids and lead them to the ultimate goal: Heaven. With that being said, we want them to have a wonderful life here on Earth, while trying to be out-of-this-world at the same time.

To help them become well rounded people, we need to educate the whole being, in its many areas: spiritual, social, emotional, communicational, executional (motor), and expressional (play). These can only grow if we expose our children to varied experiences to encourage the development of particular skills.

Here is a small chart with the areas and most important skills I think are important for each stage of your preteen. This is by no means an exhaustive tool, nor am I a doctor or expert curriculum developer, so if you are worried about your children, please consult with your health provider or ask for insight from their primary caregiver. In the same way, every person is unique and everyone develops at a different pace, so don't take this (-or any other) tool as the law and the only way things need to happen and be.

Finally, everything in this document is though from what the kid does, and not what the adult needs to do. Since learning is in reference to the learner/student/child; and teaching is in reference to the teacher/guide/adult, in here you will find mostly child-centered information.

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	10 year olds	11 year olds	12 year olds
Spiritual	<ul style="list-style-type: none"> <li>• Attends Sunday School.</li> <li>• Pays attention to important parts of the mass.</li> <li>• Turns to God in moments of need.</li> <li>• Is thankful to God for all He provides.</li> </ul>	<ul style="list-style-type: none"> <li>• Has a consistent prayer routine.</li> <li>• Participates from bible reading activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicates with God in a deeper way.</li> <li>• Frequents the sacraments.</li> <li>• Reads the bible.</li> </ul>
Social	<ul style="list-style-type: none"> <li>• Relates more with peers.</li> <li>• Engages in competition.</li> </ul>	<ul style="list-style-type: none"> <li>• Participates in organized team sports.</li> <li>• Enjoys group games and play interactions.</li> </ul>	<ul style="list-style-type: none"> <li>• Peers take an important role.</li> <li>• Have best friends.</li> </ul>
Emotional	<ul style="list-style-type: none"> <li>• Develops a strong group identity.</li> <li>• Defines self through peers.</li> </ul>	<ul style="list-style-type: none"> <li>• Develops values and belief to shape their behaviors.</li> <li>• Senses accomplishment based on the gain of physical strength.</li> </ul>	<ul style="list-style-type: none"> <li>• Regulate themselves.</li> <li>• Concept of self is measured by academical success.</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>• Begins to develop abstract thought.</li> <li>• Perceives the world in distinct right/wrong extremes.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to learn and apply skills.</li> <li>• Can answer literal and some inferential questions related to who, what, where, and when.</li> </ul>	<ul style="list-style-type: none"> <li>• Develops interpretative thinking.</li> <li>• Understands cause and effect.</li> </ul>
Physical	<ul style="list-style-type: none"> <li>• Increased coordination and strength.</li> </ul>	<ul style="list-style-type: none"> <li>• Develops body proportions similar to the ones they will have as an adult.</li> </ul>	<ul style="list-style-type: none"> <li>• May begin puberty: body changes, odors, and sexual development.</li> </ul>
Play	<ul style="list-style-type: none"> <li>• Group games are most important.</li> <li>• Hand-eye coordination games prevail: Patty Cake, Thumb War, Red Hands...</li> </ul>	<ul style="list-style-type: none"> <li>• Vigorous play: jump rope, soccer, hide and seek...</li> </ul>	<ul style="list-style-type: none"> <li>• Vigorous play still important, but social interactions and conversations begin to emerge.</li> </ul>

# How can you help your child?

## Spiritual Area

1. Take your child to church every Sunday -and every day if possible.
2. Direct their attention to the important parts of the Mass.
3. Provide different examples of prayer: Direct talk, standard prayer, meditation, contemplation, hymns & songs, etc.
4. Thank God, in front of your children, for everything He gives you and your family.
5. Read the Bible in front of and with your kids.
6. Take your children to confession and encourage frequent communion.

## Social Area

1. Provide instances in which they can compete against themselves or peers/siblings.
2. Take your kids to play dates or organized sports for them to participate in group activities.

## Emotional Area

1. Tell your children what you like about them, highlighting their gifts and talents.
2. Allow them plenty of opportunities to practice physical activity that will result in muscle and strength gain.
3. Guide them through their interests and help them with the academical part of it.

## Cognitive Area

1. Talk about real life situation where right and wrong are clearly marked.
2. Provide examples of real life situations in which it is not easy to discern right from wrong, and teach them how to make decisions based on their previous knowledge.
3. After reading books and stories, or at the end of a full day of activities, ask questions involving who, what, when and where.
4. Provide experiments and situations in which cause and effect can be clearly seen.

## Physical Area

1. Talk to your children about physical development, body changes, and sexuality.
2. Encourage vigorous activity and strengthening exercise.

## Play Development Area

1. Provide instances for organized and free play.

As parents and caregivers, we want the very best for our children. We may not be perfect, but we can strive for perfection by doing everything in our power to lead their little souls to Heaven and prepare them for when they are in charge of their journey and the one of their own families when they have them.

The key is to know the main objective, and organize everything else needed to achieve it, under it.

