



2 to 5 yo
framework

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Framework

2 to 5 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 it's 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 preschooler. 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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	2 year olds	3 year olds	4 year olds	5 year olds
Spiritual	<ul style="list-style-type: none"> Imitates how you pray. Observes spiritual routines. Wants to learn about church. 	<ul style="list-style-type: none"> Prays with you. Participates from spiritual routines. Behavior improves at church. 	<ul style="list-style-type: none"> Has learned 2+ prayers (like grace, night time, Our Father, Hail Mary, Glory Be...) Accepts prayer life as part of their daily routine. 	<ul style="list-style-type: none"> Asks questions about God, Jesus, and the Saints. Prays to God and asks for his needs. Has compassion for others.
Social	<ul style="list-style-type: none"> Turns head when called by name. Participates in small groups with others. Is interested in others. 	<ul style="list-style-type: none"> Enjoys play with others. Prefers vigorous play. Participates of messy activities. 	<ul style="list-style-type: none"> Can initiate play with a peer. Engages in small group activities. 	<ul style="list-style-type: none"> Enjoys playing make believe, role play, and dress up. Wants to make friends
Emotional	<ul style="list-style-type: none"> Generally happy when rested, fed and clean. Little to no separation anxiety when taken care by a familiar adult. Notices feelings of hurt, sadness, and happiness on self. 	<ul style="list-style-type: none"> Has acquired self-soothing techniques. Demonstrates and wants to receive affection. Is able to enjoy a variety of experiences involving textures, aromas, and sounds. 	<ul style="list-style-type: none"> Is aware of risky situations or environments. Adapts to changes in routine and new situations. 	<ul style="list-style-type: none"> Experiences new emotions like pride and shame. Empathy develops and may drive them to console a sad person.
Communication	<ul style="list-style-type: none"> Uses 2-3 word sentences. Follows 1 and 2-step commands. Understands "mine" and "yours" concepts. 	<ul style="list-style-type: none"> Asks questions. Understands most simple sentences. Is almost fully understood by primary caregiver. 	<ul style="list-style-type: none"> Speaks 4+ word sentences. Uses more complex vocabulary like: plurals, verb tenses, among others (not necessarily using them correctly). Is able to retell an event that occurred during the day. 	<ul style="list-style-type: none"> Tells a story with 2 events. Enjoys having a conversation taking turns to exchange information. Able to answer simple questions about a story or event.
Motor	<ul style="list-style-type: none"> Coordinates hands and fingers. Walks maintaining balance while on uneven surfaces. 	<ul style="list-style-type: none"> Proficient at using pincer grasp to pick up small objects. Coordinates movements to explore the environment. Maintains balance when throwing/catching objects and when accidentally bumped by a peer. 	<ul style="list-style-type: none"> Uses appropriate force when playing with others. Enjoys coloring and copying/drawing figures. Is able to measure the amount of food they put in their mouths.. 	<ul style="list-style-type: none"> Proficiently dress themselves (shoes may prove trickier). Draws people using basic shapes and lines. Can balance on one foot, catch a ball, and ride a bike. Can run, climb, skip, hop...
Play	<ul style="list-style-type: none"> Enjoys reading or being read to. Plays at a playground and enjoys rough play. Explores a variety of toys and textures. 	<ul style="list-style-type: none"> Enjoys roughhousing. Plays with toys in more than one way. 	<ul style="list-style-type: none"> Is able to engage in an activity for up to 15 minutes. Enjoys playing with toys made for their age. 	<ul style="list-style-type: none"> Shares toys and materials with others. Begins to take turns. Plays simple games (hide & seek, tag, hopscotch, etc.)

How can you help your child?

Spiritual Area

1. Pray with and in front of your kids.
2. Take them to church every Sunday (-and every day if possible).
3. Have a prayer routine that includes morning and evening prayers, as well as saying grace.
4. Teach them common prayers such as the Our Father, Hail Mary, Glory Be, among others.
5. Teach your children to talk to God, Jesus, and the Holy Spirit to ask for their specific needs and to give thanks for all they have because of His Grace.

Social Area

1. Encourage them to introduce themselves to other kids.
2. Ask them to find ways to play with their toys so more than one kid can play at the same time. (Sharing, and socializing skills)
3. Schedule playdates with other families with children of all ages.
4. Allow them to explore their environment and surroundings.
5. Provide materials and opportunities for them to participate in arts and crafts activities.
6. Take them to the park, library, pool, splash pad, etc.
7. Encourage play pretend and role play games.



Emotional Area

1. Allow children some time to practice self soothing skills.
2. Name their emotions when you see your kids experiencing them (such as: "I can tell you feel sad because we need to leave the playground" or "You look happy to be getting an ice cream today").
3. Acknowledge feelings of guilt by explaining how we all make mistakes and it is ok as long as it was an accident and we say sorry after the fact.
4. Help children overcome feelings of shame by highlighting their virtues and gifts, elevating their self-confidence and allowing them to change the view that is causing the shame.



Communication Area

1. Talk to your children as much as you can by describing actions, scenery, feelings, etc.
2. Add possessive pronouns to items that belong to each person. For example: "This is my cup. Here is your cup".
3. Be very specific when talking about single objects and more than one, by emphasizing the plural words.
4. Exemplify actions with specific time indicators. For example: "We are having lunch right now", "We had breakfast earlier this morning", "We are going to have fish for dinner later today".
5. Ask them questions about themselves, the environment, a TV show... so they can practice answering questions and while they learn, by example, how to ask them too.

Motor Skills Area

1. Provide opportunities for kids to use their eyes, arms, legs, feet, fingers and hands in different ways: drawing with a pencil, walking on a thin path, kicking a ball, painting with paint and a brush, cut soft fruits with a kid-friendly knife, etc.
2. Play rough with your children, and allow them to do it among others too, as long as both parties want to, and they are not hurting each other.
3. Take them on hikes where the inclination, terrain, and pace changes, encouraging them to practice balance, endurance, etc.
4. Help children to hold their pencils and similar objects in the right way.

Play Development Area EARNING

1. Read frequently to your children. They will love to listen to stories, while developing their imagination, creativity, vocabulary, among others.
2. Allow kids to interact with books: pretend to read, look at the pictures, make up a story based on what they see, just flip the pages, etc.
3. Provide opportunities for them to manipulate different textures and objects, explore new places and environments, and freely play with toys and games (meaning: do not tell them how to play with them).

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.

