

**Ages & Stages**

# 5-Year-Olds



**HE-730-I**

Alabama Cooperative Extension System  
Alabama A&M and Auburn Universities

**F**ive-year-olds have developed so many skills. It's amazing to think about all they have learned since they were infants! They are expert users of language. They can tell detailed stories about real and imagined events. Five-year-olds are creative, fun, and eager to learn and please. They need adults to encourage and support their interests and activities.

## **What's It Like To Be 5 Years Old?**

- I'm really good at running, skipping, galloping, and other physical activities.
- I can learn to tie my shoes.
- I can comb my hair and wash myself.
- I can copy letters and numbers and write my name.
- I can draw a picture that tells a simple story.
- I enjoy counting and sorting objects.
- I like to be read to and then retell the story in my own way.

# What Your 5-Year-Old Wants You To Know:

I am still learning about the kind of person I am from the way you treat me.

I like it when you play simple games with me.

Please read to me and encourage me to tell stories, too.

I like to be helpful. Please give me a chance to help at home in tasks that I can do well.

Please help me notice the positive things about my efforts.

I learn about what is right and wrong from watching what you do.

I want to be good and please you. If you ask me to do things in a positive way, it's easier for me to obey.

Even though I am very independent, I still need your affection and encouragement.

You are my favorite teacher. I count on you to teach me the important things in life.

Every child is different. If you watch me closely, you will get clues about why I do what I do and how to help me grow.

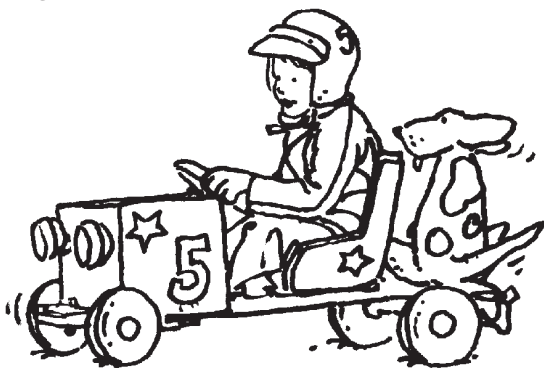
# How Do 5-Year-Olds...?

## Think And Learn

- They are starting to understand the idea of past, present, and future.
- They have a much longer attention span than younger children.
- They can identify letters and sounds.
- They can tell a story in the correct order.
- They can remember their full name, address, phone number, and birthday.

## Grow Socially And Emotionally

- They like to feel part of a group.
- They enjoy pretend play.
- They feel pride in their accomplishments.
- They can express a wide range of feelings.
- They are starting to be able to interpret the feelings of others.



# How Do Children Learn?

Children are natural learners. They are curious, interested, and enthusiastic about learning new things. The best way to teach young children is to provide many opportunities for physical play, new experiences, hands-on activities, games, and pretend play.

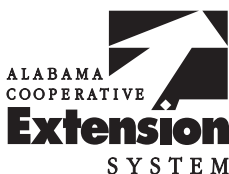
## Children learn...

- by doing
- through movement
- by being noticed and encouraged
- through their senses
- by making things
- through language and stories
- by playing with other children
- through imitation
- through pretend play



All children grow, learn, and develop at different rates. The information in this brochure is considered typical for this age. If we do all we can to help children develop now, they will have the best chance to do well in school and in life.

This brochure was developed by the Child Care Resource Center and the Alabama Cooperative Extension System.



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