

DEVELOPMENTAL MILESTONES

7 YEARS OLD

Cognitive and Sensory Skills

- Opening lunch boxes, zip lock bags, food packaging.
- Packing a bag for school or other outings with little assistance/prompting.
- Recalling events and describing them.
- Expressing emotions.
- Remembering a sentence to write that was just thought about or told.
- Attending for longer periods of time.
- Sitting still (e.g. in class, at mealtimes).
- Coping in busy/noisy environments.
- Showering independently.
- Taking on more responsibilities (e.g. chores).
- Understanding money.
- Telling the time and displaying time management skills.
- Inhibiting the need to talk and ask questions.
- Preparing simple meals (e.g. cereal, sandwich).

Gross Motor Skills

- Excels at running, skipping, hopping, galloping, sliding
- Can travel at rhythmic patterns
- Moves in all directions
- Uses more complex combinations of movements (jumping to catch a ball)
- Can travel to sequences of music (hop for 5 beats)
- Maintain consistent distance from others
- Can ride bike without training wheels
- Can jump and land smoothly
- Improves accuracy and force of throwing
- Ready to explore weight-bearing activities that require transfer of weight from feet to hands to feet

Fine Motor Skills

- Forms most letters and numbers correctly
- Writes consistently on the lines
- Demonstrates controlled pencil movement
- Good endurance for writing
- Can build Lego, knex and other blocks independently
- Tie Shoe Laces
- Maintains legibility of handwriting for entirety of a story

Self-Care Skills

- Independence in feeding, dressing, toileting, and showering (with reminders)
- Tying shoes
- Independence brushing/combing hair (assistance styling)
- Can follow a sleep schedule
- Eats a range of food with different textures

Language Skills

- Communicates needs in more sophisticated ways
- Continues to learn the meaning of different types of words with context clues
- Realizes verbs can be changed to nouns by adding "er" or another word
- Understands that words can have different meanings
- Capacity to learn about 20 new words a day on average
- Can talk about words and not just use them for communication
- Begins and ends conversations appropriately
- Takes turns when speaking
- Uses appropriate eye contact when communicating

Social-Emotional Skills

- Develops several close friendships (classmates)
- Identifies best friend that shares same interests
- Controls impulses in most situations
- Can describe the consequences of various emotions
- Enjoys having and making friends
- Takes pleasure in imitating the actions of friends and peers at school
- Usually treats peers with respect during play
- Experiments with handling their emotional and social lives independently
- Able to handle conflict independently
- Likely to display good sportsmanship

Red Flags

- Difficulty with any of the following tasks listed above
- Difficulty completing handwriting tasks in a timely manner
- Experiencing fatigue during handwriting tasks
- Poor academic achievement due to difficulty getting ideas down on paper
- Difficulties due to avoidance of pencil based tasks