

# Seven-Year-Olds

## **General**

Seven is the age of quieting down. Toward the beginning of the seventh year, the child begins to assimilate the wealth of new experiences and information she learned in the first grade. They begin to sift and sort information into categories and link the bits of information that they have acquired.

Seven-year-olds begin to reason and may at times appear serious and reflective. They can be moody and brooding and pensive and sad because their absorption of knowledge is not always smooth. Action has shifted and may now take place within their minds rather than within a physical space. Although they are self-absorbed, they are not isolationists. They are becoming more aware not only of themselves, but of others as well.

## **Self- Concept and Independence**

The increased introspection of seven-year-olds also means that they have an increased sense of self and are acquiring sensitivity to the reactions of others. This sensitivity is to what others do and say, but not to what other people think. To the seven-year-old, thinking and doing are the same thing.

They are sensitive about their bodies, which they do not like to have exposed or touched, and they may refuse to use the bathroom at school if it has no door on it. Because their physical self and the psychic self are so closely related to this stage, seven-year-olds are reluctant to expose themselves to failure and criticism. They often leave the scene rather than put themselves in a position where they might be subject to criticism or disapproval.

## **Relating to Other Children and Adults**

They want to be helpful and to become real members of the family group. They can take on tasks and responsibilities. When performing chores, they are careful and persistent, and they will demand guidance from adults as to “What do we do now?” or “How do we do this?”

They can be polite and considerate toward adults. Seven-year-olds are less resistant and less stubborn than six-year-olds. They play easily with other children and seem to be in control. Although they are active and boisterous, they know when to stop before someone gets hurt.

## **Games and Activities**

Seven-year-olds have more capacity to play alone than they had at six, and they enjoy solitary activities such as reading and drawing. Group play is still not well organized and is carried out to individual ends. They like building things but need to know where things go and where they end. They can understand a simple model and a blueprint. Seven-year-olds continue to skate, swim, and are better at bike riding. They are avid collectors of anything and everything from stones to bottle tops. They are fond of table games and jigsaw puzzles and can tackle a complicated game like Monopoly.

Diana Converse, M.S., Family Life Educator  
University of Florida Extension Service, Hillsborough County  
5339 S. County Road 579, Seffner, FL 33584  
(813) 744-5519 x 140