

Emotional Age Calculator

Age	Emotional/Social Level
9-18 Months	<ul style="list-style-type: none"> <input type="checkbox"/> Don't reason Well <input type="checkbox"/> Don't have logic <input type="checkbox"/> Not based in reality <input type="checkbox"/> Believe that they make "things" happen
2 years old	<ul style="list-style-type: none"> <input type="checkbox"/> Becoming aware of self as separate <input type="checkbox"/> Follows simple instructions("come here") <input type="checkbox"/> Begins to use magical thinking(things are as he sees it) <input type="checkbox"/> Repeats words overheard in discussions <input type="checkbox"/> Parallel play <input type="checkbox"/> Short attention span <input type="checkbox"/> Likes repetition and routine(not flexible) <input type="checkbox"/> Explores through touch(everything is his)
2.5 years old	<ul style="list-style-type: none"> <input type="checkbox"/> Begins to show defiant behavior <input type="checkbox"/> Explosive, tense and rigid <input type="checkbox"/> "No" or "Mine" <input type="checkbox"/> Uses language to control others(talks loud or over you, tells others what to do) <input type="checkbox"/> Understands more than speaks <input type="checkbox"/> Repeats things over and over <input type="checkbox"/> Unable to adapt, inflexible(plans can't change, mom can't be gone) <input type="checkbox"/> Bossy and demanding

3 Years Old
(continued below)

- ___ Questions "Why?"
- ___ Reasoning is one-sided (his side)
- ___ Can't resolve problems that require him to look at more than one factor
- ___ Loves to tell stories and pretend
- ___ Begins to know daily routine
- ___ Begins to consider time, but has no sense of the length of something...like a year
- ___ Plays alongside other children and playtime often can lead to fights and tears

3.5 Years Old

- ___ Strong-willed and disagreeable
- ___ Emotionally insecure and anxious
- ___ Picky and hard to please
- ___ Difficulties distinguishing fact from fantasy
- ___ Self-centered, truly believes the world revolves around him
- ___ Will be very aware of what you and other adults think and say about him. He will understand if you criticize him to someone else
- ___ Doesn't share well (still about me)

4 Years Old

___ Begin to explore concepts that take detail

___ Ask universal questions

___ Takes turns, shares and cooperates

___ Expresses anger verbally rather than physically

___ Can feel jealousy

___ May sometimes lie to protect herself, but understands the concept of lying (leaves out important facts)

___ Enjoys pretending and has a vivid imagination (still)

___ May misinterpret visual cues of emotions

Five Years Old

- ___ Distinguishes right from wrong, honest from dishonest, but does not recognize intent
- ___ Plays make-believe and dresses up
- ___ Mimics adults and seeks praise(will do and say what it takes)
- ___ Seeks to play rather than be alone; friends are important
- ___ Plays with both boys and girls, but prefers the same sex
- ___ Wants to conform; may criticize those who do not
- ___ Still confuses fantasy and reality(inanimate)
- ___ Thinking is still naive; doesn't use adult logic

Six Years Old

- ___ Can move in time with music or a beat
- ___ Moving toward abstract thinking
- ___ Developing some reasoning skills
- ___ Wants it all: has difficulty making choices
- ___ Grows more independent, yet feels less secure
- ___ Craves affection from adults
- ___ Needs to win and may change rules to suit herself
- ___ Can be rigid and demanding; unable to adapt
- ___ Increasingly aware that others may have different feelings
- ___ Friendships are unstable – can be unkind to peers

Seven Years Old

- ___ Desires to be perfect and is quite self-critical
- ___ Worries more; may have low confidence
- ___ Has strong emotional reactions
- ___ Takes direction well
- ___ Avoids and withdraws from adults
- ___ Starting to feel guilt and shame
- ___ Begins to use serious logical thinking, is thoughtful and reflective
- ___ Experiences some new fears
- ___ Begins to be a better loser and less likely to blame

Eight Years Old

- ___ Seeks to understand the reason behind things
- ___ Has strong need for love and understanding, especially from Mom
- ___ Can be helpful and cheery as well as rude, bossy and selfish
- ___ Quite sensitive and dramatic
- ___ Emotions change quickly
- ___ Impatient
- ___ Makes friends easily
- ___ Wants to be part of a group
- ___ More influence by peer pressure

Ten Years Old

- ___ More worried about fitting in with peers than before
- ___ Increased negotiating skills
- ___ Beginning to see the big picture
- ___ Mood swings, ill-tempered
- ___ Increased desire for privacy
- ___ Beginning to develop a sense of who they are
- ___ May be entering puberty

Twelve Years Old

- ___ Witty and funny, but also talks back
- ___ Concrete thinkers—good or bad
- ___ Friendships amongst girls become complicated and full of misunderstandings
- ___ Friendship amongst boys more competitive
- ___ Talk about independence—not able to emotionally cope yet
- ___ Moodiness is common

Thirteen and Fourteen Year Olds

___ Just beginning to imagine possibilities, recognize consequences of their choices and anticipate what others are thinking.

___ Begin to question rules

___ Believe that bad things won't happen to them

___ Painfully self-conscious

___ Center of attention

___ Moody

___ Spend more time with peers

___ Explore identity through clothing etc.

___ Mixed feelings about breaking away from parents

___ Act out emotional pain

Fifteen to Seventeen Years Old

___ Better problem solvers

___ Appreciate the opinion of others

___ Organizational skills improving

___ Trying to figure out “who” they are

___ Becoming more self-assured

___ Better able to resist peer pressure

___ Want more control over more aspects of their life

___ Excited but at the same time overwhelmed by future

___ Drugs and alcohol become prevalent

___ Strong sexual urges