

AGE RELATED DEVELOPMENT

12 to 15 years Old

Cognitive Development: Adolescents are suddenly aware of how others see them, and growing sexual attractions which make them both social and insecure. They're also strongly influenced by friends and peer groups, so make sure there is always good supervision, and that all youth understand what behavior is and *isn't* acceptable.

Sleep: Sleep is simply a crucial part of a young person's development. It helps grow the brain, stimulate growth hormones and allows the body to build muscle. For optimum health, adolescents between 12 and 15 should be getting eight and a half to nine and a half hours of sleep a night.

Hydration: Water is absolutely essential for the physical and mental well-being of young people this age. They should be drinking one and a half to two litres of water a day. And remember, if a child says they're thirsty, they're already dehydrated. Keep participants drinking!

Emotional Development: Puberty! Emotions run high at this age, still most kids between 12 and 15 are highly social and enjoy the social aspects of learning. Create activities where participants can learn skills in small groups where they can make connections with their peers.

Physical Development: Kids are growing faster than at any other time in their lives, in fact at this age some participants can grow as much as 12 cm in a few months. All these physical changes create kids who can be clumsy and lack coordination. And there can be wide differences among peers. Give them lots of time to practice and master skills, and encourage them to be patient with themselves!