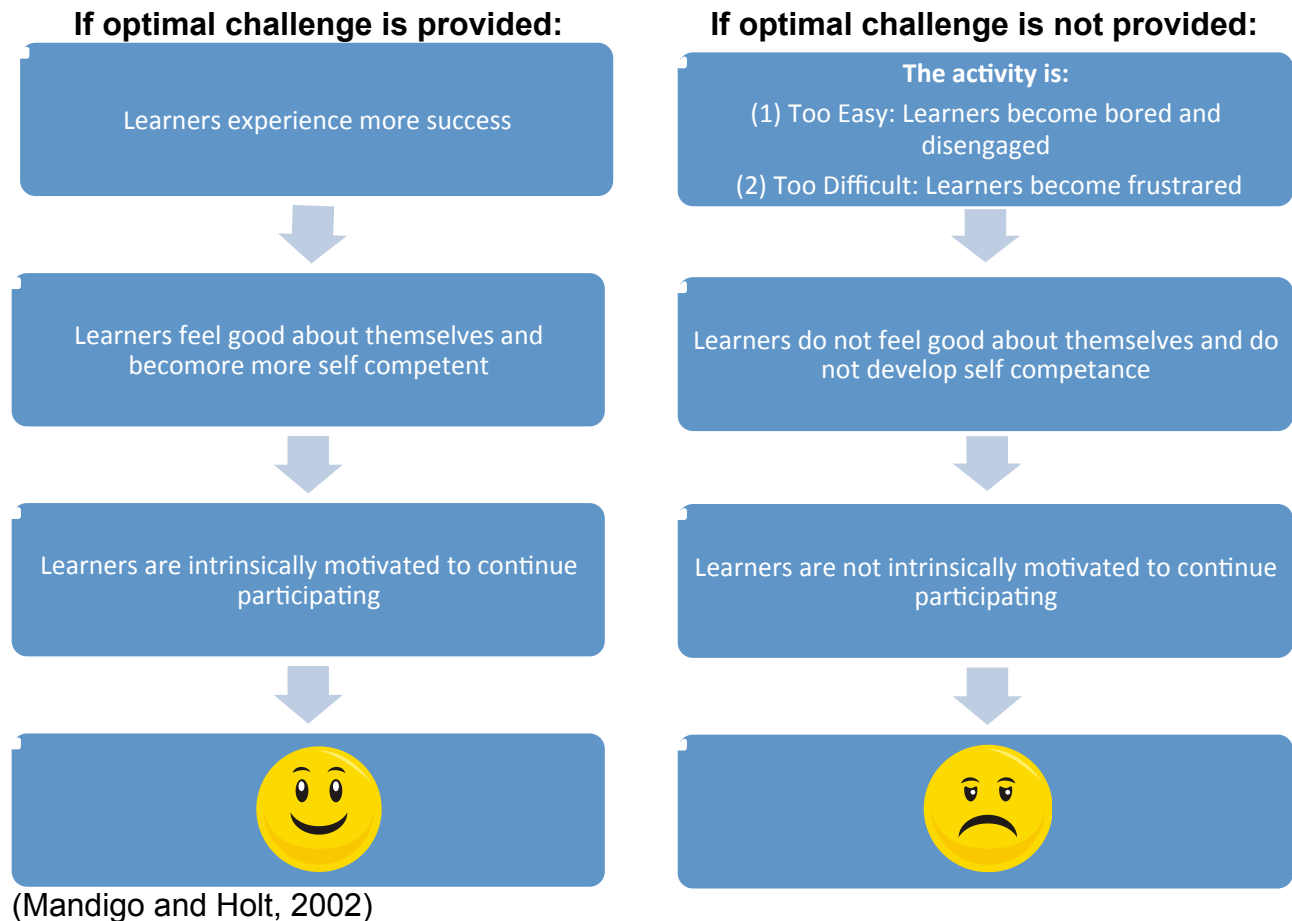


## Creating Optimal Challenge

When a learner is challenged appropriately based on their individual developmental characteristics and abilities.



### Modifications to Increase Developmental Appropriateness and Inclusion

In order to create developmentally appropriate programs, leaders should create programs, activities, or games that are both:

- age appropriate
- individually appropriate (needs of individuals)

(Bredekamp & Rosegrant, 1992)

**Age Appropriate:** Children pass through a series of developmental stages in each domain of learning (cognitive, social, physical, psychomotor). Although there are age specific patterns or characteristics for development, it varies greatly for each individual.

**Individually Appropriate:** Children develop at their own individual pace because of a variety of individual factors including: maturity level, ability level, genetics, past experience, learning style, and/or interest and motivation level.