Middle Childhood Development

Institutional Affiliation

Date

**A**. Children who have attention deficit hyperactivity disorder have difficulties with paying attention for a lengthy period, and they are frequently incapable of concentrating extensively on a command to work. Although the disorder is said to occur in kids more often, grown-ups also have the trend to suffer from the illness. The precise source of this illness is indefinite, but there are three aspects connected to its incidence; heredity, neurobiological disorder and environmental influences. However, there is a difference between ADHD and. People with ADD have few signs of hyperactivity and impulsivity, significant inattention protests, easy distructibility, ineptitude, procrastination and forgetfulness. ADHD can be treated by stimulants and non-stimulants, and guidelines include cure modalities that concentrate on behavior alteration, counselling, special education, and social skills exercise. IDEA (individuals with disabilities education act) is a law that was passed in 2004 to aid and support students with disabilities. The law requires all public schools to provide specialized services to all with disabilities from birth age to 21 years. The law allows children with disabilities to access equal education without discrimination. For significant learning to occur, teachers, parents and students must have significant relationships.

Metacognition refers to the understanding as well as awareness of an individual’s own learning or thinking procedures. Students with metacognitive skills understand their own learning and take accountability for their own learning, not just waiting to be spoon-fed with information. Additionally, metacognitive skills are important for talented and gifted students as it encourages self-discipline. In classrooms, metacognition can be promoted through; allocating particular time for planning before activities, allocating time in the end for reflecting and praising the use of planning, monitoring and evaluation. The best age to learn a second language is at an early age during the sensitive period (2-13 years). Kids’ brains are too better in learning than those of adults due to their plasticity. Children learn languages more easily; they use both hemispheres of their brain in language acquisition. However, in adults, language learning is concentrated in the left hemisphere of their brain.

In today’s world, people can outsmart stress and enhance resilience, and this can help them optimize their health. This is because there are pathways by which positive emotions influence people’s health as well as their well-being. Stress affects brain activity and immune function of a person’s body. People who have positive emotions receive more social support. Individuals who build their resilience prevent illness and optimize health as well as improve the quality of their lives. People who experience bad stress are at risk of living unhealthy lives and full of illness. Bad stress is the one perceived by people but exceeds their resources for coping as well as endangers their well-being. In many cases, bad stress leads to anger and depression, which have adverse effects on peoples’ health.

**B.**  In bullying, there are bullies and victims. Bullying starts at homes, especially at homes where parents use physical punishment. Bullying has adverse effects on victims because they feel discouraged and demotivated. In most cases, most bullying incidents occur in middle childhood. During this period, children learn the importance of friendship and relationship. Moral reasoning is critical during this period, as this is the time when many children are expanding. Parents can optimize experiences that develop resilience in their children and prepare them for challenges outside the home. Students can learn how to outstand instead of giving up after being bullied.

**C.** These two videos have hugely supported my learning; metacognition, practical teaching and learning, and outsmarting stress and enhancing resilience. The metacognition video highlights how metacognitive skills can be acquired; their importance; and how they can be used. The video also shows how teachers can educate their students on how to be in control of their learning. Additionally, the video shows ways in which metacognition skills can be enhanced in the classroom. In today’s life, a significant number of people are facing illness and low immune system due to stress. Outsmarting stress and improving resilience video shows how to curb the adverse effects of stress. The video highlights various researches that have been done and explained how bad stress could be avoided. It is essential to learn in this video that all human body’s systems are interconnected and are affected by stress in extremely negative ways.

**References**

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