

## THIRD PLANE OF DEVELOPMENT 12-15 YEARS

Dr. Maria Montessori believed that children and adolescents develop through a series of four planes. Each of these planes has clear, defining characteristics. When we understand these stages, we can approach our interactions with children and adolescents with a new perspective.

Learning about the planes of development isn't just for Montessori educators. Understanding your adolescent's development can help at home, too. Seeing the adolescent as an evolving human allows us greater awareness to support their unspoken needs.

Physical/Sexual	<ul style="list-style-type: none"> <li>• Height and weight increase</li> <li>• Appetite may increase</li> <li>• Hormonal levels change</li> <li>• Sexual characteristics develop</li> <li>• Exploration of sexuality and interest in physical attractiveness develops</li> </ul>
Social/Emotional	<ul style="list-style-type: none"> <li>• Ability to express feelings improves</li> <li>• Close friendships become important</li> <li>• Awareness of parents' imperfections grows; affection towards parents declines</li> <li>• Childish behavior returns in times of stress</li> <li>• Interest in privacy increases</li> <li>• Concern about being "normal" heightens</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>• Interest focuses on the present more than the future</li> <li>• Ability to do all kinds of work—physical, intellectual, emotional—expands</li> <li>• Capacity for abstract thought increases</li> <li>• Risk-taking may emerge</li> </ul>
Morals/Values	<ul style="list-style-type: none"> <li>• Testing of limits and rules increases</li> <li>• Ideals develop; evidence of conscience becomes more apparent</li> <li>• Questioning of moral rights increases</li> <li>• Sensitivity toward social justice and personal dignity develops</li> </ul>

## THIRD PLANE OF DEVELOPMENT 15-18 YEARS

### Physical/Sexual

- Full physical development
- Weight and height gain continue
- Eating habits become sporadic

### Social/Emotional

- Independence increases
- Stronger sense of identity
- Awareness of inner life
- Delayed gratification possible
- Engagement with parents declines as social networks expand and new friendships form
- Emotional steadiness improves
- Concern for others grows
- Interest in career grows

### Cognitive

- Interest shifts to future
- More focus on goals, ambitions, roles
- Planning capability expands—setting goals and following through
- Risk-taking behavior may continue
- Metacognition develops: ability to self-analyze and think outside oneself forms

### Morals/Values

- Interest in moral reasoning; passion for social justice may occur
- Interest in social, cultural, and family tradition expands
- Emphasis on personal dignity and self-esteem



Contact us to find out more about the Montessori approach to education and how it supports the development of the whole child. Campus tours and classroom observations are available by appointment.