**EYFS Personal, Social and Emotional Development**

**Nursery**

|  |  |  |
| --- | --- | --- |
| Autumn | Spring | Summer |
| * Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.
* Become more outgoing with unfamiliar people, in the safe context of their setting.
* Show more confidence in new social situations.
* Increasingly follow rules, understanding why they are important.
* Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’.
 | * Play with one or more other children, extending and elaborating play ideas.
* Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
* Do not always need an adult to remind them of a rule.
* Begin to understand how others might be feeling.
 | * Develop their sense of responsibility and membership of a community.
* Develop appropriate ways of being assertive.
* Talk with others to solve conflicts.
 |

**Reception**

|  |  |  |
| --- | --- | --- |
| Autumn | Spring | Summer |
| * Build constructive and respectful relationships.
* Express their feelings and consider the feelings of others.
* Identify and moderate their own feelings socially and emotionally.
* Manage their own needs.
 | * Show resilience and perseverance in the face of challenge.
* Think about the perspectives of others.
 | * See themselves as a valuable individual.
 |
| ELG |
| Self-Regulation* Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
* Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
* Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self* Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
* Explain the reasons for rules, know right from wrong and try to behave accordingly.
* Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships* Work and play cooperatively and take turns with others.
* Form positive attachments to adults and friendships with peers.
* Show sensitivity to their own and to others’ needs.
 |