**EYFS Personal, Social and Emotional Development**

**Nursery**

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| 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**

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| 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. | | |