



Personal, Social and Emotional Development Skills Progression in Reception

	Autumn Term	Spring Term	Summer Term
Self-Regulation	<p>Express their feelings and consider the feelings of others.</p> <p>Can identify a wider range of feelings, e.g. scared, excited, angry, frustrated, nervous, worried and joyful.</p> <p>Develop appropriate ways to be assertive.</p> <p>Can become engrossed in an activity and finds it difficult to switch attention to another task.</p> <p>Can follow simple instructions.</p> <p>Can focus attention in a whole class group for a teaching session, e.g. phonics.</p> <p>Is willing to keep trying if something is difficult or challenging.</p>	<p>Identify and moderate their own feelings socially and emotionally.</p> <p>Can label and talk about own and others' emotions.</p> <p>Think about the perspectives of others.</p> <p>Responds well to more complex instructions in smaller groups, but can need visual reminders in larger groups.</p> <p>Completes set challenges/tasks independently.</p> <p>Is able to talk about ways that skills can be improved and to demonstrate pride in achievements.</p>	<p><u>ELG Self-Regulation</u> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>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.</p>
Managing Self	<p>Confident to access the environment and minimal support and follows the rules as part of a new routine.</p> <p>Remember rules without needing an adult to remind them.</p> <p>Makes independent choices and is confident to try new things although prefers to choose activities that are within their capability.</p>	<p>Manage their own needs.</p> <p>More confident to tackle new challenges/ experiences and with encouragement will keep going.</p> <p>Follows school and class rules and can talk about their importance.</p>	<p><u>ELG Managing Self</u> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>



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	<p>Perseveres with fastenings on coats and follows instructions to dress and undress for Forest School/ PE.</p> <p>Reliably toilet trained and washes hands without reminders.</p>	<p>Knows some ways to keep healthy.</p> <p>Make healthy choices about food, drink, activity and tooth brushing.</p>	<p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>
Building Relationships	<p>Is aware of the needs of others but can find it hard to let others take the lead.</p> <p>Is beginning to interact with a variety of children and is starting to build good relationships with adults and other children.</p> <p>Is able to identify when another child is upset and respond appropriately.</p> <p>Is making new friends in the class, and talks to adults to share news or as part of an activity.</p>	<p>See themselves as a valuable individual. Talk about things they think they are good at or are proud of.</p> <p>Express their feelings and consider the feelings of others.</p> <p>Can cooperate with others, listening and sharing some ideas and will listen to advice about how to solve disagreements.</p> <p>Builds constructive and respectful relationships.</p> <p>Uses words to solve conflicts.</p> <p>Takes turns in group activities.</p>	<p><u>ELG Managing Self</u></p> <p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>