

Area: SELF-REGULATION

## **EY Progression**

## **Birth to 2years**

Find ways to calm themselves, through being calmed and comforted by their key person.

2-year-olds	Au. 1	Find ways of managing transitions, for example from their parent to their key person
	Au. 2	Thrive as they develop self-assurance.
	Sp. 1	Feel confident when taken out around the school and enjoy exploring new places with their key person.
	Sp. 2	Begin to show 'effortful control'. For example, waiting for a turn and resisting the strong impulse to grab what they want or push their way to the front.
	Su. 1	Be increasingly able to talk about and manage their emotions
	Su. 2	Understand gradually how others might be feeling.

3-year-olds	Au. 1	To be able to follow a one-step instruction.
	Au. 2	To talk about themselves.
	Sp. 1	Be able to sit during a short circle time
	Sp. 2	Follow a 2-step instruction.
	Su. 1	Share how they are feeling with a member of staff.
	Su. 2	To sit during circle time and join in a class session. E.g. maths and RWI

4-year-olds	Au. 1	Children talk about their feelings to trusted adults or special friends. Children may come into school upset but can be comforted by adults. Children listen to the rules and expectation and begin to follow them.
	Au. 2	Children are sharing more often or may comfort a friend who is upset. Children identify their own emotions and name them. Children begin to take turns and share resources and are developing patience and understanding that there is more than just them in the class.
	Sp. 1	Children who are very upset know who they can talk to or know some ways to calm themselves down if needed. Children are becoming more proud of themselves for achieving things such as pupil of the week. Children know and follow the behavioural expectations of the school.
	Sp. 2	Children have an adult in school they trust and will talk to. Children talk about their interests and likes and dislikes at school. Children are beginning to understand why listening is important to help us learn and keep us safe.
	Su. 1	Children try and share, take turns, reason and look after one another. They apologise if they hurt someone accidentally or make someone else upset. Children will without question follows instructions from their teachers or school adults.
	Su. 2	Children show emotional maturity ready for the emotional resilience needed for KS1. Children can use reason and resolutions with other children to keep games and play fair. Children are developing in independence and can manage their behaviour in a range of situations in school.

## **Early Learning Goal**

- 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.