

Personal, Social, Emotional Development (Early Years) Skills Progression

PSED – Self - Regulation			
Nursery	Rec Autumn Term	Rec Spring Term	Rec Summer Term
<p>Begin to develop appropriate ways of being assertive.</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p> <p>Begin to understand how others might be feeling.</p>	<p>Express their feelings and consider the feelings of others. Develop appropriate ways to be assertive.</p> <p>Talk with others to solve conflicts.</p>	<p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p>	<p>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>

PSED – Managing Self			
Nursery	Rec Autumn Term	Rec Spring Term	Rec Summer Term
<p>Play with one or more other children, extending and elaborating play ideas.</p> <p>Find solutions to conflicts and rivalries</p> <p>Begin to remember and follow rules with some understanding</p> <p>Be increasingly independent in meeting their own care needs</p>	<p>Remember rules without needing an adult to remind them, understanding why they are important.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Be increasingly independent in meeting their own care needs</p>	<p>Manage their own needs.</p> <p>Be independent in meeting their own care needs.</p>	<p>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> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>

PSED – Building Relationships			
Nursery	Rec Autumn Term	Rec Spring Term	Rec Summer Term
<p>Develop their sense of responsibility and membership of a community.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Show more confidence in new social situations</p>	<p>Build constructive and respectful relationships.</p>	<p>See themselves as a valuable individual.</p> <p>Express their feelings and consider the feelings of others.</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>