



## Personal, Social and Emotional Development Skills Progression in Reception

	Autumn Term	Spring Term	Summer Term
S e l f- R e g u l a t i o n	Express their feelings and consider the feelings of others.	Identify and moderate their own feelings socially and emotionally.	<b><u>ELG Self-Regulation</u></b> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
	Identify a wider range of feelings, e.g. scared, excited, angry, frustrated, nervous, worried and joyful.	Label and talk about own and others' emotions.	<b><u>ELG Self-Regulation</u></b> Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
	Develop appropriate ways to be assertive.	Think about the perspectives of others.	<b><u>ELG Self-Regulation</u></b> 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.
	Solve conflicts by talking with others, or supported by an adult.	Respond to more complex instructions in smaller groups, but with visual reminders in larger groups.	<b><u>Beyond ELG</u></b> Know some ways to manage their feelings and begin to use these to maintain control. Listen to the suggestions of others and plan how to achieve an outcome without adult help. Know when and how to stand up for themselves appropriately. Take time to stop and think before acting and wait for things they want.
	Switch attention to another task or person, when engrossed in an activity.	Completes set challenges/tasks independently.	
	Focus attention in a whole class group for a teaching session, e.g. phonics.	Talk about ways that skills can be improved and to demonstrate pride in their achievements.	
	Keep trying if something is difficult or challenging.		



Hanborough Manor  
CE School

## Personal, Social and Emotional Development Skills Progression in Reception

<b>M a n a g i n g S e l f</b>	<p>Show resilience and perseverance in the face of challenge.</p> <p>Remember rules without needing an adult to remind them.</p> <p>Make independent choices and is confident to try new things although prefers to choose activities that are within their capability.</p> <p>Persevere with fastenings on coats and shoes.</p> <p>Be increasingly independent in meeting their own care needs e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</p>	<p>Manage their own needs and wash hands without reminders.</p> <p>Tackle new challenges with more confidence and keep going with encouragement.</p> <p>Follow school and class rules and can talk about their importance.</p> <p>Further develop the skills they need to manage the school day successfully:</p> <ul style="list-style-type: none"> <li>- Lining up and queuing</li> <li>- Mealtimes</li> <li>- Personal hygiene</li> </ul> <p>Know some ways to keep healthy.</p> <p>Follow instructions to dress and undress for Forest School.</p>	<p><b><u>ELG Managing Self</u></b> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p><b><u>ELG Managing Self</u></b> Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p><b><u>ELG Managing Self</u></b> Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>
	<p><b><u>Beyond ELG</u></b> Demonstrate independence in following school rules, managing personal belongings and equipment. Have ago at solving problems and know when to ask for help. Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> <li>-Regular physical activity</li> <li>-Healthy heating</li> <li>-Tooth brushing</li> <li>-Sensible amounts of 'screen time'</li> <li>-Having a good sleep routine</li> </ul>		



Hanborough Manor  
CE School

## Personal, Social and Emotional Development Skills Progression in Reception

<b>B u i l d i n g R e l a t i o n s h i p s</b>	<p>Build constructive and respectful relationships.</p> <p>Is aware of the needs of others but can find it hard to let others take the lead.</p> <p>Interact with a variety of children and is building good relationships with adults and other children.</p> <p>Identify when another child is upset and respond appropriately.</p> <p>Make new friends in the class, and talk 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>Cooperate with others, listening and sharing some ideas and will listen to advice about how to solve disagreements.</p> <p>Use words to solve conflicts.</p> <p>Take turns in group activities. Work and play cooperatively and take turns with others.</p>	<p>-Being a safe pedestrian</p> <p><b><u>ELG Managing Self</u></b> Work and play cooperatively and take turns with others.</p> <p><b><u>ELG Managing Self</u></b> Form positive attachments to adults and friendships with peers.</p> <p><b><u>ELG Managing Self</u></b> Show sensitivity to their own and to others' needs.</p> <p><b><u>Beyond ELG</u></b> Play group games with rules.</p> <p>Understand that someone else's point of view may be different from theirs.</p> <p>Resolve minor disagreements through listening to others to come up with a fair solution.</p> <p>Understand what bullying is and that this is unacceptable behaviour.</p>
--	---	--	---