

Personal, Social and Emotional Development

Statutory Guidance from the EYFS Framework:

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Potential Themes (Topics are child led and may change)	Starting School All about me Family and Friends My emotions	Autumn and Winter Christmas Celebrations around the world	Space Astronauts Aliens Journeys	Eric Carle Minibeasts Gardening Lifecycles of plants and animals	People Who Help us Our local area Health (including oral health)	Spring and Summer Hot environments Weathers Seaside Pirates
Possible Celebrations and Experiences	Class rules and routines, Staring School, Autumn, Harvest, Halloween	Bonfire Night, Remembrance, Children in Need, Birthdays, Hanukkah, Christmas, Nativity, Visit to meet Santa	Lunar New Year/ Chinese New Year History Day, Art Day	World Book Day, Mothers Day, Pancake Day, Easter Farm Trip	Visitors from our local community, Sports Day	Fathers Day, Transition, Summer Concerts
Suggested Texts - Fiction and Non-Fiction						

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ongoing	<ul style="list-style-type: none"> Children will develop their personal, social and emotional skills through the reception year and these skills are often taught through adult modelling and guidance. Children will pick up on adults' language used, vocabulary, mannerisms, tone of voice, verbal and non-verbal communications and therefore adapt these into their own communication. 					
Self regulation	<p>Children will learn to:</p> <ul style="list-style-type: none"> Recognise their feelings about coming into school. Understand that adults in school can comfort them when upset. Listen to rules and expectations and begin to follow them. Give focus to an engaging task of their choice. Begin to focus on short whole class/ group activities such as story time. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> Identify their own emotions and name them. Begin to take turns and share resources Develop their patience and understanding that there is more than just them in the class. Keep trying if something is challenging or difficult. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> Know who to talk to or ways to calm themselves down when upset. Be proud of themselves for achieving things. Know the behavioural expectations of the school Complete set tasks with support and sometimes independently 	<p>Children will learn to:</p> <ul style="list-style-type: none"> Recognise a wider range of feelings in themselves and others. Talk about their interests, likes and dislikes. Understand why listening and attention help us to learn and keep us safe. Talk about ways that skills can be improved. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others and begin to regulate accordingly. Follow instructions from the adults in school consistently. Give focus to the teacher, responding when appropriate, even when engaged in activity. Follow instructions involving several steps. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> Show emotional maturity and resilience that is needed for KS1. Use reason and resolutions with other children to keep games and play fair. Develop independence, patience and manage their behaviour in a range of situations in school. Set and work towards simple goals.

<p>Managing self</p>	<p>Children will learn to:</p> <ul style="list-style-type: none"> • See themselves as valuable individuals • Begin forming their own opinions. • Begin to earn the classroom rules and follow these with some reminders. • Be more independent coming into school and getting ready for home time • Use the toilet independently most of the time and ask for help when need • Wash hands with reminders 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Use their preferences to choose what they would like to do at school. • Put a coat on independently and become more confident using buttons and zips • Follow instructions and persevere when changing for PE and forest school. • Wash hands without reminders 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Follow behaviour expectations and guide others to follow. • Be proud of what they can do and their achievements. • Be independent with familiar classroom routines such as getting ready for home time, eating snack, asking for help. • Know some ways to keep healthy. • 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Know what makes them happy and do these things. • Show resilience and perseverance in the face of challenge. • Know about different factors that can affect their health and wellbeing and make choices to do these when possible - cross the road safely, brush teeth, eat fruit for snack. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Be proud of their achievements and share this with adults and peers. • Be confident trying new things. • Continue to develop their resilience, perseverance, independence and patience. • Look after and care for themselves. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Develop independence, patience and manage their behaviour in a range of situations in school. • Talk about themselves positively • Manage their own basic needs.
<p>Building Relationships</p>	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Interact with a variety of children. Some familiar and some not. • Play alongside other children and if ready play with. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Build relationships that began last half term. • Talk to a wider range of children and adults in the school • Ask for help if needed. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Recognise friendships they have formed. • Play with children in and out of the classroom. • Be aware of the needs of others and begin to take turns. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Build relationships though play and talk and converse with many of their peers. • Cooperative with others by listening and sharing. • Begin to use words to resolve conflicts. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Build strong bonds with other children in the school. • Show care towards their peers - asking them to join in a game, getting them a cold pack. • Grow more aware of others needs. 	<p>Children will learn to:</p> <ul style="list-style-type: none"> • Recognise if the have hurt someone's feelings and try to make amends. • Recognise that some children might not like their games or play and that it is okay. • Work and play with peers even if they are not close friends.

<p>ELGs</p>	<p>Self-Regulation</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> • 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. 	<p>Managing Self</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> • 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. 	<p>Building Relationships</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> • 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.
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