



Progression of skills for Personal, Social and Emotional Development from F1 through to Y1

Self Regulation ELG

1. Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
Establish sense of self. Does the child start to enjoy the company of other children and want to play with them? Develop friendships with other children Talk about their feelings in more elaborated ways	Can they manage to share/take turns with adult guidance Play with one or more other children Help to find solutions to conflicts and rivalries Develop appropriate ways of being assertive Talk about feelings using words like happy/sad/ angry / worried Begin to understand how others may be feeling	Do they ... build constructive/ respectful relationships express feelings and consider others feelings? Identify and moderate own feelings socially and emotionally? Think about the perspectives of others	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.	How to resolve disagreements and cooperate with others to achieve goals

2. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
<p>Grow in independence – rejecting help (me do it)</p> <p>Begin to show effortful control</p>	<p>Can they</p> <ul style="list-style-type: none"> - understand yours and mine? - settle to some activities for a while? - play alongside others or do they always want to play alone? - take part in pretend play? (eg mummy and daddy) - take a variety of roles (eg Gruffalo) - generally negotiate solutions to conflicts 	<p>Do they ...</p> <ul style="list-style-type: none"> show perseverance and resilience? Identify and moderate own feelings socially and emotionally? Think about perspective of others manage their own needs 	<p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p>	<p>Be a positive learner</p>

3. Give focussed 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

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
Engage with others through gestures, gaze and talk. Use engagement to achieve a goal. Look for clues about how to respond to something.	Can they manage to share/take turns with adult guidance Can they settle to some activities for a while? Can they generally negotiate solutions to conflicts	Do they ... Identify and moderate own feelings socially and emotionally? Think about perspective of others manage their own needs	Give focussed 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	Be a good listener

Managing Self ELG

1. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
Express preferences and decisions. Try new things Establish autonomy Find ways of managing transitions Develop self assurance Play with increasing confidence (own and with others Enjoy exploring new places	Become more outgoing with unfamiliar people Show more confidence in new social situations Help to find solutions to conflicts and rivalries	See themselves as a valued individual Show resilience and perseverance in the face of challenge.	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	Be a positive learner

2. Explain the reasons for rules, know right from wrong and try to behave accordingly.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
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<p>Be increasingly able to talk about and manage their emotions. Safely explore emotions beyond their normal range through play and stories</p>	<p>Increasingly follows rules, understanding they are important Do not always need an adult to remind them of the rule Develop appropriate ways of being assertive Talk with others to resolve conflicts</p>	<p>Express feelings and consider other the feelings of others. Identify and moderate their own feelings socially and emotionally.</p>	<p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Identify good and not-so-good choices (including bullying)</p>
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3. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
<p>Feel strong enough to express a range of emotions Grow in independence (rejecting help) Begin to show effortful control</p>	<p>Develop appropriate ways of being assertive</p>	<p>Manage their own needs (good hygiene and healthy eating)</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>	<p>Make healthy choices about sleep and exercise, food and drink</p>

Building Relationships ELG

1. Work and play co-operatively and take turns with others.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
Engage with others through gestures, gaze and talk Develop friendships with others.	Becoming more outgoing with unfamiliar people in the context of the familiar setting. Talk with others to solve conflicts Begin to understand how others might be feeling	Think about perspectives of others Identify and moderate feelings (socially and emotionally)	Work and play co-operatively and take turns with others.	How to share our feelings with confidence Recognise the qualities of a good friend

2 . Forms positive attachments to adults and friendships with peers.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
Find ways of managing transitions (eg parent to key person) Thrive as they develop self assurance	Show more confidence in new social situations Begin to understand how others might be feeling	Think about perspectives of others Build constructive and respectful relationships Consider the feelings of others.	Forms positive attachments to adults and friendships with peers.	Identify ways in which we can help the school community

3. Shows sensitivity to their own and others needs.

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
Safely explore a range of emotions Talk about their feelings in more elaborated ways	Talk with others to solve conflicts Begin to understand how others might be feeling	Think about perspectives of others Manage their own needs	Shows sensitivity to their own and others needs.	Recognise what it is like to live in Britain .