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| **Personal, Social and Emotional Development** |
| Birth to 3 | Nursery | Reception |
| **Babies, toddlers and young children** will be learning to:* find ways to calm themselves, through being calmed and comforted by their key person
* establish their sense of self
* express preferences and decisions, they also try new things and start establishing their autonomy
* engage with others through gestures, gaze and talk
* use that engagement to achieve a goal, for example, gesture towards their cup to say they want a drink

**Babies, toddlers and young children** will be learning to:* find ways of managing transitions, for example, from their parent to their key person
* thrive as they develop self-assurance
* look back as they crawl or walk away from their key person
* look for clues about how to respond to something interesting
* play with increasing confidence on their own and with other children, because they know their key person is nearby and available
* feel confident when taken out around the local neighbourhood and enjoy exploring new places with their key person

**Babies, toddlers and young children** will be learning to:* feel strong enough to express a range of emotions
* grow in independence, rejecting help (“me do it”) - sometimes this leads to feelings of frustration and tantrums
* 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
* learn to use the toilet with help, and then independently

**Babies, toddlers and young children** will be learning to:* be increasingly able to talk about and manage their emotions
* notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, religion and so on
* develop friendships with other children
* safely explore emotions beyond their normal range through play and stories
* talk about their feelings in more elaborated ways: “I’m sad because…” or “I love it when …”
 | **3 and 4-year-old children** will be learning to:* select and use activities and resources, with help when needed - this helps them to achieve a goal they have chosen or one which is suggested to them
* develop their sense of responsibility and membership of a community
* become more outgoing with unfamiliar people, in the safe context of their setting
* show more confidence in new social situations
* play with one or more other children, extending and elaborating play ideas
* find solutions to conflicts and rivalries, for example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas

**3 and 4-year-old children** will be learning to:* increasingly follow rules, understanding why they are important
* remember rules without needing an adult to remind them
* develop appropriate ways of being assertive
* talk with others to solve conflicts
* talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’
* understand gradually how others might be feeling

**3 and 4-year-old children** will be learning to:* be increasingly independent in meeting their own care needs, for example, brushing teeth, using the toilet, washing and drying their hands thoroughly
* make healthy choices about food, drink, activity and toothbrushing
 | **Reception children** will be learning to:* see themselves as a valuable individual
* build constructive and respectful relationships
* express their feelings and consider the feelings of others

**Reception children** will be learning to:* show resilience and perseverance in the face of challenge
* identify and moderate their own feelings socially and emotionally
* think about the perspectives of others

**Reception children** will be learning to:* manage their own needs and personal hygiene
* know and talk about the different factors that support their overall health and wellbeing including:
	+ regular physical activity
	+ healthy eating
	+ toothbrushing
	+ sensible amounts of ‘screen time’
	+ having a good sleep routine
	+ being a safe pedestrian

**ELGs****Self-Regulation ELG****Children at the expected level of development will:**- 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 instructionsinvolving several ideas or actions.**Managing Self ELG****Children at the expected level of development will:**- 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.**Building Relationships ELG****Children at the expected level of development will:** - 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.  |