

**EYFS – Skills Progression – Personal, Social and Emotional Development (PSED)**

Self-Regulation			
Autumn	Spring	Summer	Early Learning Goal
<ul style="list-style-type: none"> <li>• Begin to recognise and name their own feelings</li> <li>• Start to understand simple rules and routines</li> <li>• Begin to manage feelings with adult support</li> <li>• Show increasing ability to wait for a turn</li> <li>• Begin to use simple strategies to calm themselves with support</li> </ul>	<ul style="list-style-type: none"> <li>• Identify a wider range of emotions in themselves and others</li> <li>• Begin to regulate emotions in familiar situations</li> <li>• Follow rules and routines with less adult support</li> <li>• Begin to understand how their behaviour affects others</li> <li>• Use simple strategies to manage feelings (e.g. breathing, seeking help)</li> </ul>	<ul style="list-style-type: none"> <li>• Manage emotions appropriately in a range of situations</li> <li>• Show understanding of right and wrong</li> <li>• Follow rules and routines independently</li> <li>• Demonstrate increasing self-control and resilience</li> <li>• Use strategies to regulate emotions and behaviour with minimal support</li> </ul>	<ul style="list-style-type: none"> <li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</li> <li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</li> <li>• 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.</li> </ul>

Managing Self			
Autumn	Spring	Summer	Early Learning Goal
<ul style="list-style-type: none"> <li>• Show interest in new activities and experiences</li> </ul>	<ul style="list-style-type: none"> <li>• Show increasing independence in managing personal care</li> </ul>	<ul style="list-style-type: none"> <li>• Manage personal care independently (e.g. dressing, toileting, hygiene)</li> </ul>	<ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and</li> </ul>

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<ul style="list-style-type: none"> <li>• Begin to manage personal hygiene with support (e.g. handwashing)</li> <li>• Start to dress and undress with help</li> <li>• Begin to talk about healthy choices</li> <li>• Show awareness of their own needs and preferences</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to dress and undress independently</li> <li>• Talk about ways to stay healthy and safe</li> <li>• Show confidence in trying new activities</li> <li>• Begin to take responsibility for their belongings</li> </ul>	<ul style="list-style-type: none"> <li>• Make healthy choices about food, activity and rest</li> <li>• Show confidence and independence in familiar situations</li> <li>• Persevere with tasks and challenges</li> <li>• Take responsibility for their own needs and belongings</li> </ul>	<p>perseverance in the face of challenge</p> <ul style="list-style-type: none"> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly</li> <li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>
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Building Relationships			
Autumn	Spring	Summer	Early Learning Goal
<ul style="list-style-type: none"> <li>• Begin to form relationships with adults and peers</li> <li>• Play alongside others and begin to share resources</li> <li>• Show interest in others' play</li> <li>• Begin to use simple language to express needs in social situations</li> <li>• Respond positively to familiar adults</li> </ul>	<ul style="list-style-type: none"> <li>• Play cooperatively with others</li> <li>• Take turns and share with support</li> <li>• Show sensitivity to others' feelings</li> <li>• Begin to resolve minor conflicts with adult guidance</li> <li>• Develop friendship with peers</li> </ul>	<ul style="list-style-type: none"> <li>• Build positive relationships with peers and adults</li> <li>• Work and play cooperatively in groups</li> <li>• Resolve conflicts independently using appropriate language</li> <li>• Show empathy and understanding of others' feelings</li> <li>• Demonstrate respect for others and their ideas</li> </ul>	<ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others</li> <li>• Form positive attachments to adults and friendships with peers</li> <li>• Show sensitivity to their own and to others' needs</li> </ul>