

EYFS

PERSONAL, SOCIAL AND EMOTIONAL PROGRESSION GRID

SELF-REGULATION

	AUTUMN TERM	SPRING TERM	SUMMER TERM
NURSERY	<ul style="list-style-type: none"> Separate from main carer and learn to adapt to the Nursery environment Learn about daily routines and classroom rules Be aware of behavioural expectations in the Nursery 	<ul style="list-style-type: none"> Know how to manage their emotions in different situations Know that there are boundaries set Know about different feelings and be able to talk about them during circle time, 'happy', 'sad', 'angry' or 'worried' Know that we must respect our resources and out them back when we have finished with them 	<ul style="list-style-type: none"> Know that if I am upset, I can use phrases such as "stop it, I don't like it" to convey my discomfort
RECEPTION	<ul style="list-style-type: none"> Express their feelings and consider the feelings of others Develop appropriate ways to be assertive Talk with others to solve conflicts 	<ul style="list-style-type: none"> Identify and moderate their own feelings socially and emotionally Think about the perspectives of others 	<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

MANAGING SELF

	AUTUMN TERM	SPRING TERM	SUMMER TERM
NURSERY	<ul style="list-style-type: none">• Select and use activities and resources, with some support if needed• Wash hands after using the toilet	<ul style="list-style-type: none">• Show independence in accessing and exploring the environment• Independently put on coats and use the toilet	<ul style="list-style-type: none">• Show an awareness of the importance of oral health• Know that eating fruits and vegetables is healthy for teeth and our bodies
RECEPTION	<ul style="list-style-type: none">• Remember rules without needing an adult to remind them, understanding why they are important• Show resilience and perseverance in the face of challenge• Be increasingly independent in meeting their own care needs	<ul style="list-style-type: none">• Manage their own needs• Be independent in meeting their own care needs	<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

BUILDING RELATIONSHIPS

NURSERY	<ul style="list-style-type: none"> • Know that they can approach adults in Nursery when needed • Show confidence in asking adults for support 	<ul style="list-style-type: none"> • Know that when playing in a group they need to share and also know that they will get a turn 	<ul style="list-style-type: none"> • Be able to initiate play with peers and keep play going by giving ideas • Become more outgoing with unfamiliar people • Show more confidence in new social situations • Begin to find solutions to conflicts • Show an awareness of how others may be feeling • Know that people show their emotions in different ways, for example smiling if they are happy, cry if they are sad etc. • Know that to play nicely it's important to share and take turns • Begin to be assertive towards others where necessary
RECEPTION	<ul style="list-style-type: none"> • Build constructive and respectful relationships 	<ul style="list-style-type: none"> • See themselves as a valuable individual • Express their feelings and consider the feelings of others 	<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