



# Personal, Social and Emotional Development

# Reception

## Personal, Social and Emotional Development Autumn Term

### Knowledge and Skills

- To see themselves as a valuable individual.
- To build constructive and respectful relationships.
- To express their feelings and consider the feelings of others.
- To manage their own needs.
- I can talk about myself and my interests.
- I can listen to others. Children and staff.
- I can show kindness towards others and make some friends.
- I can show positive behaviour that follows schools values.
- I can express and talk about my feelings.

### Opportunities

- Transition from nursery/ home visits
- Jigsaw- PSHE program.
- Introducing the school values, star of the day.
- Zones of regulation
- Colour monster - book
- Books about emotions in the enabling environment.
- Adult modelling and support to show positive behaviour and play.
- School nurse - Toilet training and diet workshop.

### Vocabulary

Individual, independent, unique, emotions, play, friendship, boundaries, community, culture, diversity, kindness.  
School values.

## Personal, Social and Emotional Development Spring Term

### Knowledge and Skills

- To show resilience and perseverance in the face of challenge.
- To know and talk about different factor that support overall health and well being.
- To manage their own needs.
- I can set my own goals and work towards them.
- I can review and self reflect on my work.
- I can problem solve and understand that trial and error is not failure.
- I can talk about the importance of being healthy.

### Opportunities

- Jigsaw- PSHE program.
- Zones of regulation
- Books about emotions in the enabling environment.
- Adult modelling and support to show positive behaviour and play.
- Exploring Healthy eating pyramid- balanced diet.
- Cooking opportunities.
- Healthy lunch boxes across school.
- PE (weekly) and gross motor play( daily )
- Dental week - visit from the school dentist team. Sharing information with parents.

### Vocabulary

Resilience, challenge, critical thinking, goals, achievements, adapt, change, review, problem solve. trial and error.  
Healthy, dentist, plaque, germs, teeth, mouth, tongue.

# Reception

## Personal, Social and Emotional Development Summer Term



### Knowledge and Skills

- To identify and moderate their own feelings socially and emotionally.
- To think about the perspectives of others.
- To manage their own needs.
- To know and talk about different factors that support overall health and well-being.
- I can use strategies I have been taught to calm when I am frustrated.
- I can talk about my feelings and understand how others may feel.
- I understand that my actions have an effect on others.
- I can follow the school's values.
- I can explain how characters
- I can talk about the importance of being healthy.

### Opportunities

- Books and stories that show a range of problems and solutions.
- Jigsaw-PSHE program
- Cooking opportunities - Healthy Eating

### Vocabulary

- Regulate, emotions, support, feelings, point of view, problem solve, explain, share.
- health, exercise, balanced diet, carbohydrates, vitamins and minerals, vegetables, fibre, fats and oils.

## Reception End Point Early Learning Goal

### Self Regulation

- 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 instructions involving several ideas or actions

### Managing Self

- 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

- 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.