

# Pathway to understanding: Personal, Social & Emotional Development



Managing self



Self - Regulation



Building relationships

## 3 & 4 year olds 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.
- 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
- Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly
- Make healthy choices about food, drink, activity and tooth brushing.

## Children in reception will be learning to...

- See themselves as a valuable individual.
- Build constructive and respectful relationships.
- Express their feelings and consider the feelings of others.
- Show resilience and perseverance in the face of challenge.
- Identify and moderate their own feelings socially and emotionally
- Think about the perspectives of others.
- Manage their own needs : personal hygiene
  - regular physical activity
  - healthy eating
  - Tooth brushing
  - sensible amounts of 'screen time'
  - having a good sleep routine
  - being a safe pedestrian
- Know and talk about the different factors that support their overall health and wellbeing:

## Personal, Social & Emotional Development



Self - Regulation

- 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

- 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

- 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.

Early Learning Goal

## Development Matters

Lay the foundations for future achievements

Form friendships, co-operate and resolve conflicts peacefully

Manage emotions, develop sense of self, set goals & have self confidence

Model healthy choices to look after their body

Eat healthily and manage personal needs independently

Lay the foundations for future enrichment



Boughton Heath Academy Early Years Foundation Stage