



Self Regulation- ELG

1- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|---|---|---|---|---|
| PSED | Talk about their feelings using appropriate words e.g. happy, sad, etc. | Identify their feelings Express feelings | Show an understanding of their own feelings | Circle Time Discussions | Identify good and not so good feelings |
| | Begin to understand how others might be feeling | Consider the feelings of others Think about the perspectives of others | Show understanding of others feelings (empathy) | Circle Time discussions Supporting in play | Develop a vocabulary to describe feelings to others |
| | | Moderate their own feelings socially and emotionally | Regulate own behaviour | Supporting in play | Use simple strategies to manage feelings |

2- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|---|---|---|---|-----------------------------------|
| PSED | Select and use resources to achieve a short term goal | See themselves as a valuable individual | Set and work towards simple goals | Choice in the environment Selection of tools and resources to carry out tasks Self esteem support | Recognise and celebrate strengths |
| | | Show resilience and perseverance in the face of challenge | | | |
| | Increasingly follow rules independently | Build constructive and respectful relationships | Control impulses through waiting when appropriate | Class rules Provision rules | |

3- Give focused attention to adults, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|---|---|--|--|---|
| PSED | Develop sense of responsibility | Build constructive and respectful relationships | Give focused attention to adults | Adult focused time Joining in with class routines | Behavioural expectations Learning behaviours |
| | Pay attention to one thing at a time and shift attention (CL) | | Follow instructions involving several ideas or actions | | |



Managing Self- ELG

1- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|--|---|------------------------------------|---|---|
| PSED | Becoming more outgoing in new situations | Develop confidence in the familiar school environment | Be confident to try new activities | Provide opportunities for children to try new things e.g. climbing equipment, small responsibilities (taking reg. to office etc) Through play both indoor and outdoor. Focused work. Circle Time discussions Adult modelling | Learning behaviours Behavioural expectations |
| | Find own solutions to conflicts | Play with others and find solutions without adult input | Demonstrate independence | | |
| | Develop appropriate ways to be assertive | Show resilience and perseverance | Show resilience and perseverance | | |

2- Explain the reasons for rules, know right from wrong and try to behave accordingly

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|---|---|-------------------------------|---|--|
| PSED | Develop the sense of community | Build constructive and purposeful relationships | Know right from wrong | Circle Time discussions Behaviour Policy in the classroom and school | Learning behaviours Community Behavioural expectations |
| | | (PD) | Explain the reasons for rules | | |
| | Increasingly follow the rules independently | Develop skills needed to manage the school day e.g. lunch times, mealtimes etc. | Try to follow the rules | | |

3- Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|---|---|---|-------------------------------------|--|---|
| PSED (3 & 4 year olds and Rec taken from PD) | Put on coats Do zips Toileting unaided Washing hands | Develop skills needed to manage the school day e.g. toileting, washing hands etc. | Managing personal needs and hygiene | Toilet provision accessible to be used independently Need for hand washing as part of the daily routine | Learning behaviours Staying healthy and well |
| | Make healthy food and drink choices | Know and talk about the factors that support | Understanding healthy food choices | | |



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|--|--|--|---------------------------------|---|---|
| | | health and wellbeing: food | | Healthy eating topics and provisions in the environment | Making healthy choices |
| | Make good choices in terms of activity and toothbrushing | Know and talk about the factors that support health and wellbeing: physical activity, tooth brushing, screen time, sleep routine, road safety | Understanding healthy living | Creating own healthy snacks Sleep routines, tooth brushing activities, road safety focus Story to promote health and wellbeing. | Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. |



Building Relationships- ELG

1- Work and play cooperatively and take turns with others

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|--|---|----------------------|---|---|
| PSED | Play with one or more children- extending play Help to find solutions to conflicts and rivalries Talk with other others to solve conflicts | Build constructive and respectful relationships | Play cooperatively | Provide opportunity for independent play Encourage children to find resolutions and compromises by supporting discussion Game opportunities for turn taking e.g. card and board games | Learning Behaviours Friendships Relationships |
| | | | Work with others | | |
| | | | Take turns and share | | |

2- Form positive attachments to adults and friendships with peers

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|---------------------------------------|---|------------------------------|---|---|
| PSED | Build confidence in social situations | Build constructive and respectful relationships | Attachments to adults | Circle Time Team Building What makes a good friend? | Learning Behaviours Friendships Relationships |
| | Play together and resolve conflict | | Build friendships with peers | | |

3- Show sensitivity to their own and others needs

| | 3 & 4 year olds | Reception | ELG | Provisions | Link to Yr 1 |
|------|---|--|---|--|--|
| PSED | Talk about feelings | Identify and moderate own feelings | Show sensitivity to own needs and explain | Circle time discussions Manage feelings | Learning behaviours Behavioural expectations Feelings Empathy |
| | | Express their feelings | | | |
| | Begin to understand how others might be feeling | Consider others feelings | Show empathy to others needs | | |
| | | Think about the perspectives of others | | | |