

Personal, social and emotional

<u>Daycare</u>	<u>Pre School</u>	<u>Reception</u>	<u>ELG</u>	<u>Year 1</u>
Building relationships				
<p>I am becoming more able to separate from my close carers and explore new situations with support and encouragement from another familiar adult.</p> <p>I can build relationships with special people but may show anxiety in the presences of strangers.</p> <p>I am able to play on my own and with other children, because I know my key person is nearby.</p>	<p>I know who is in my family</p> <p>I know how to make friends.</p> <p>I know what I like about my friends.</p>	<p>I know I belong to my family.</p> <p>I know how to make new friends.</p> <p>I know ways to solve problems and stay friends.</p>	<p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs</p> <p>Books: The boy who cried wolf by Jess Stockholm Pinocchio by Anna Bowles The Gingerbread Man Chicken Licken by Mara Alperin Aladdin by Anna Bowles The Three Little Wolves and The Big Bad Pig The Smartest Giant in Town.</p>	<p>I know the members of my family and understand that there are lots of different types of families.</p> <p>I know what being a good friend means to me. I can make a new friend.</p>

<p>I can seek out others to share experiences and may play with a child who has similar interests.</p> <p>I am beginning to cooperate in favourable situations, when free from anxiety.</p> <p>I can show some understanding that other people have perspectives, ideas and needs that are different to mine, e.g. may turn a book to face you so you can see it.</p> <p>I am starting to respond to the feelings of people who are special to me by partially matching others feelings.</p> <p>I can show empathy and concern for people who are special to me by partially</p>				
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<p>matching others' feelings with my own, e.g. may offer a child a toy they know they like.</p> <p>Books: The Worrysaurus Not Now Bernard</p>	<p>I know that to say and do if somebody is mean.</p> <p>I know Calm me time helps me to think about my feelings.</p> <p>I know being with my friends makes me feel happy</p> <p>Books: The Rainbow Fish The Smeds and The Smoos</p>	<p>I know that unkind words can hurt people's feelings.</p> <p>I know Calm me time helps me to think about my feelings.</p> <p>I know qualities of a good friend.</p> <p>I can identify some of the jobs I do in my family and how I feel like I belong.</p> <p>I know how to make friends to stop myself from feeling lonely</p>		<p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I know who can help me in my school community.</p> <p>I know my qualities as person and a friend.</p> <p>I know why I appreciate someone who is special to me</p>
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	<p>I understand how it feels to belong and that we are similar and different I understand how feeling happy and sad can be expressed I can work together and consider other people's feelings I can use gentle hands and understand that it is good to be kind to people I am starting to understand children's rights and this means we should all be allowed to learn and play I am learning what being responsible means</p>	<p>I understand how it feels to belong and that we are similar and different. I can start to recognise and manage my feelings . I enjoy working with others to make school a good place to be. I understand why it is good to be kind and use gentle hands . I am starting to understand children's rights and this means we should all be allowed to learn and play I am learning what being responsible means.</p> <p>I can identify something I am good at and understand everyone is good at different things. I understand that being different makes us all special I know we are all different but the same in some ways. I can tell you why I think my home is special to me.</p>		
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	<p>I can name parts of my body and show respect for myself. I can tell you some things I can do and some food I can eat to be healthy. I understand that we all start as babies and grow into children and then adults I know that I grow and change. I can talk about how I feel moving to School from Nursery. I can remember some fun things about Nursery this year.</p>	<p>I can tell you how to be a kind friend. I know which words to use to stand up for myself when someone says or does something unkind.</p> <p>I can name parts of the body. I can tell you some things. I can do and foods I can eat to be healthy. I understand that we all grow from babies to adults. I can express how I feel about moving to Year 1. I can talk about my worries and/or the things I am looking forward to about being in Year 1.</p>		
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		<p>I can share my memories of the best bits of this year in Reception.</p>		
Managing self				
<p>I know my own name, preferences and interests and am becoming more aware of my unique abilities.</p> <p>I can show a sense of autonomy through asserting my ideas and preferences and making choices and decisions.</p> <p>I can begin to use me, you and I in my talk to show awareness of my social identity.</p> <p>I am gradually learning</p>			<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Books:</p>	

<p>that actions have consequences but not always the consequences the child hopes for.</p> <p>I am developing an understanding of and interest in differences in gender, ethnicity and ability.</p> <p>I am growing in independence, often rejecting offers of help.</p> <p>Books: The Runaway Pea Spot goes to The Farm The Hungry caterpillar</p>	<p>I know some names for some parts of body.</p> <p>I know things to do to be healthy.</p>	<p>I know that I need to exercise to keep my body healthy.</p> <p>I know how moving and resting are good for my body.</p> <p>I know which foods are healthy and not so</p>	<p>Olivers Vegetables The extraordinary gardener by Sam Boughton Cultural Diversity Too much stuff by Emily Gravett Environmental Sustainability Grandpas Garden by Stella Fry Paddington in the garden by Michael Bond</p>	<p>I know the difference between being healthy and unhealthy and know some ways to have a healthy lifestyle.</p> <p>I know how to make healthy lifestyle choices.</p>
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	<p>I know what the word 'healthy' means</p> <p>I know how to help myself go to sleep.</p> <p>I know why it is important that I wash my hands.</p> <p>I know what do if I get lost</p> <p>Books: Little Red Riding hood</p>	<p>healthy.</p> <p>I know how to help myself go to sleep.</p> <p>I know why it is important that I wash my hands.</p> <p>I know what a stranger is and how to stay safe if a stranger approaches me.</p>		<p>I know how to keep myself clean and healthy, and understand how germs cause disease/illness.</p> <p>I know that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p>
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				I know why I think my body is amazing and can identify some ways to keep it safe and healthy.
Self-regulation				
<p>I can express positive feelings such as joy and affection and negative feelings such as anger, frustration and distress, through actions, behaviours and play.</p> <p>I can feel overwhelmed by intense emotions, resulting in an emotional collapse when frightened, frustrated, angry, anxious or overstimulated.</p> <p>I can seek comfort from familiar adults when needed and distract myself with a comfort object when upset.</p>			<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>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.</p>	

<p>I am aware of others feelings and am beginning to show empathy by offering a comfort object to another child or sharing in another child's excitement</p> <p>I am becoming able to think about my feelings as my brain starts to develop the connections that help me manage my emotion.</p> <p>I am beginning to recognise that some actions can hurt or harm others and begins to stop themselves from doing something they should not do.</p> <p>I can participate more in collective cooperation as my experience of routines and understanding of some boundaries grows.</p>				<p>I know what simple goals I</p>
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	<p>I know what a challenge means</p> <p>I know that if I try I will achieve my goal. I know that a goal is something I want to achieve.</p> <p>I know lots of kind words.</p> <p>I know that when I am older I will get a job.</p> <p>I know what feeling proud is.</p> <p>I can tell you one way I am special and unique. I know that all families are different. I know there are lots of different houses and</p>	<p>I know that if I persevere I can tackle challenges.</p> <p>I know about a time I didn't give up until I achieved my goal.</p> <p>I know that a goal is something to work towards.</p> <p>I know that kind words can encourage my friends.</p> <p>I know the link between what I learn now and the job I might like to do when I am older.</p> <p>I know what it means to feel proud of something I achieve.</p>		<p>can set for the year ahead.</p> <p>I know how to tackle a new challenge and understand this might stretch my learning.</p> <p>I know how I felt when I succeeded in a new challenge</p>
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	<p>homes. Books Zog SuperPotato</p>			<p>I know the rights and responsibilities for being a member of my class.</p> <p>I know my views are valued and can contribute to the Learning Charter.</p> <p>I know the choices I make and understand the consequences</p>
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