

P.S.E.D Self - Regulation						ELGs
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<p>I can recognise when I am feeling happy and when I am feeling sad/ angry.</p> <p>I know that when I am sad or angry I can find a familiar adult to help me to feel better.</p> <p>I know some strategies to help me self-regulate if I am feeling sad and angry. E.g., move to a quiet space in the classroom if I need time to think.</p> <p>I can name emotions in real life contexts, E.g., my classroom. (Happy, sad, excited, angry, worried, tired, hungry, thirsty.)</p> <p>I can name emotions in images and videos using emotive words. (Happy, sad, excited, angry, worried, tired, hungry, thirsty.)</p> <p>I can name emotions in books using emotive words. (Happy, sad, excited, angry, worried, tired, hungry, thirsty.)</p> <p>I can begin to use emotive vocabulary to describe how I feel when I have faced a problem.</p> <p>I can talk about what makes me happy and what makes me sad including likes and dislikes.</p> <p>I can give attention to my teacher when sitting on the carpet or working in a small group.</p> <p>I can express desires about what I want to achieve.</p> <p>I can celebrate my own success and the success of others.</p> <p>I can raise my hand during a class discussion and not shout out or talk over others.</p> <p>I am an active listener. I can make eye contact, nod, and repeat key words back to a teacher to show I have understood.</p> <p>I can follow multi-step instructions independently.</p>						<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others and begin to regulate their behavior 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.

P.S.E.D Managing- Self						ELGs
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<p>I can try new things when asked to by an adult.</p> <p>I can show resilience when overcoming a challenge independently and explain how I did it.</p> <p>I can follow steps to achieve a goal.</p> <p>I know the concept of right and wrong.</p> <p>I know the impact of my actions.</p> <p>I can act out different situations that help me practise making good choices.</p> <p>I can listen to and follow class rules, and I understand these are to keep me safe.</p> <p>I know and can name adults in school and out in the community that keep me safe.</p> <p>I know how to be a safe pedestrian and cross a road with an adult in my local area.</p> <p>I know how to wash my hands properly and go to the toilet hygienically.</p> <p>I know that sleep is important for my body.</p> <p>I know that drinking water is important for my body.</p> <p>I know the importance of brushing my teeth twice a day.</p> <p>I can dress and undress independently for P.E.</p> <p>I can name unhealthy foods and understand why these are bad for my body.</p> <p>I can make a healthy sandwich and understand what a healthy pack lunch looks like.</p>						<p>Children at the expected level of development will:</p> <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.

P.S.E.D Building Relationships						ELGs
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<p>I can respect others' turns to speak, play, or participate in activities.</p> <p>I am willing to share things with people around me.</p> <p>I consider other children's feelings and include others in my games.</p> <p>I can express ideas clearly and listen attentively to others.</p> <p>I can see things from different perspectives.</p> <p>I understand that I might not always get my own way.</p> <p>I can initiate play with other children and show an interest in what they are doing.</p> <p>I understand that telling the truth helps to keep friendships.</p> <p>I can understand that my own emotions and behavior have an impact on other people.</p> <p>I can make a compromise to begin to solve problems.</p>						<p>Children at the expected level of development will:</p> <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.