Personal, Social and Emotional Development Skills Progression in Reception

	Autumn Term	Spring Term	Summer Term
Self-Regulation	Express their feelings and consider the feelings of others. Can identify a wider range of feelings, e.g. scared, excited, angry, frustrated, nervous, worried and joyful. Develop appropriate ways to be assertive. Talk with others to solve conflicts. Can become engrossed in an activity and finds it difficult to switch attention to another task. Can focus attention in a whole class group for a teaching session, e.g. phonics. Is willing to keep trying if something is difficult or challenging.	Identify and moderate their own feelings socially and emotionally. Can label and talk about own and others' emotions. Think about the perspectives of others. Responds well to more complex instructions in smaller groups, but can need visual reminders in larger groups. Completes set challenges/tasks independently. Is able to talk about ways that skills can be improved and to demonstrate pride in achievements.	**ELG Self-Regulation** Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. **ELG Self-Regulation** Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. **ELG Self-Regulation** 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	Show resilience and perseverance in the face of challenge. Remember rules without needing an adult to remind them.	Manage their own needs. More confident to tackle new challenges and with encouragement will keep going. Follows school and class rules and can talk about their importance. Knows some ways to keep healthy.	**ELG Managing Self** Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. **ELG Managing Self** Explain the reasons for rules, know right from wrong and try to behave accordingly.

Personal, Social and Emotional Development Skills Progression in Reception

	Makes independent choices and is confident to try new things although prefers to choose activities that are within their capability. Perseveres with fastenings on coats and follows instructions to dress and undress for Forest School. Washes hands without reminders.		**ELG Managing Self** Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
Building Relationships	Build constructive and respectful relationships. Is aware of the needs of others but can find it hard to let others take the lead. Interacts with a variety of children and is building good relationships with adults and other children. Is able to identify when another child is upset and respond appropriately. Makes new friends in the class, and talks to adults to share news or as part of an activity.	See themselves as a valuable individual. Talk about things they think they are good at or are proud of. Express their feelings and consider the feelings of others. Can cooperate with others, listening and sharing some ideas and will listen to advice about how to solve disagreements. Uses words to solve conflicts. Takes turns in group activities. Work and play cooperatively and take turns with others.	**ELG Managing Self** Work and play cooperatively and take turns with others. **ELG Managing Self** Form positive attachments to adults and friendships with peers. **ELG Managing Self** Show sensitivity to their own and to others' needs.