

## **Personal, Social and Emotional Development (and PSHE)**

### **Self-regulation**

#### *Connected Knowledge*

- **express feelings**
  - through play and stories
  - explore why they may feel a certain way with adult support
- **regulate emotions**
  - calm themselves with support during transitions

#### *New Knowledge*

1. **pay attention by:**
  - give attention to what teacher says
  - respond following a verbal prompt of their name
  - simple instructions involving one idea
2. **identify their own feelings**
  - sad, happy, worried, angry
3. **express feelings**
  - talk about their emotions

### **Managing Self**

#### *New Knowledge*

1. **how to wash hands thoroughly with reminders**
  - add soap
  - rub the palms, backs, in between fingers, thumbs and fingernails
  - rinse hands
  - dry hands
2. **how to use the toilet with reminders**
  - flushing
  - wiping
3. **the class rules**
  - sitting and listening
  - how to share
  - using please and thank you
  - looking after friends, belongings and toys
4. **right from wrong**
5. **that they are valuable individuals**
6. **what makes them special**

- what they like
- what they don't like

**7. how to dress and undress with reminders**

- taking non-laced shoes on and off independently
- change clothes when needed
- take off coat
- put on coat using flip method with reminders

**Building Relationships**

*New Knowledge*

**1. create positive relationships with adults and peers**

- talk with others to resolve conflict
- play with one or more children