

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

### **Self-regulation**

- **follow:**
  - simple instructions involving two ideas or actions
  - classroom rules and know their importance
- **use effective strategies:**
  - when meeting unfamiliar people in a safe setting
  - when entering a new social setting
  - to show confidence
- **know:**
  - how others may be feeling

### **Managing Self**

- **the appropriate steps to change clothes**
  - zip and unzip coat
  - buttons with support

### **Embed skills:**

- **how to wash hands thoroughly with reminders**
  - add soap
  - rub the palms, backs, in between fingers, thumbs and fingernails
  - rinse hands
  - dry hands
- **how to use the toilet with reminders**
  - flushing
  - wiping
- **the class rules**
  - sitting and listening
  - how to share
  - using please and thank you
  - looking after friends, belongings and toys
- **right from wrong**
- **that they are valuable individuals**
- **what makes them special**
  - what they like
  - what they don't like
- **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**

- **Contribute to class discussions:**

- with confidence
- showing their sense of responsibility
- as a member of a community
- listen, wait, respond

### **Embed skills:**

- **create positive relationships with adults and peers**
  - talk with others to resolve conflict
  - play with one or more children