

## **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**

- **know and use the appropriate steps to change clothes**
  - zip and unzip coat
  - buttons with support
- **know the activities and resources needed to achieve a goal**
  - decide what they will do
  - decide how they will do it
- **make healthy choices**
  - food, drink, activities and brushing teeth

### **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
- **use solutions to resolve conflicts**
  - talk to other children

### **Embed skills:**

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