

Personal, Social and Emotional Development (and PSHE)

Self-regulation

- follow complex instructions
- set personal goals

Continue to embed skills:

- **pay attention by:**
 - following instructions with several ideas or actions
 - respond to adults and peers during activities
 - offering constructive responses
- **express feelings**
 - through discussions with adults and peers
 - know that is okay to feel emotions
- **regulate their emotions**
 - taking time to think before reacting
 - know that is okay to feel emotions
- **regulate their behaviour**
 - control impulses
 - waiting until it is their turn to speak or play
 - taking time to think before reacting

Managing Self

Know:

- the strategies to be independent and resilient when facing a challenge
- how to be healthy:
 - healthy eating
 - physical activity
 - oral health
 - sensible screen time
 - sleep routine
 - road safety
- the steps to tie shoelaces

Continue to embed:

- **how to wash hands thoroughly**
 - add soap
 - rub the palms, backs, in between fingers, thumbs and fingernails
 - rinse hands
 - dry hands
- **how to use the toilet independently**

- flushing
- wiping
- **the class rules**
 - sitting and listening
 - how to share
 - using please and thank you
- **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**
 - taking non-laced shoes on and off independently
 - button fastening with some support
 - zip fastening independently
 - changing for PE mostly independently
 - how to manage clothing that is inside-out
- **how to wipe their nose independently**
 - tissue, blow nose, bin
- **showing how to:**
 - be sensitive with others
 - be sensitive with own needs
 - be a role model to others
 - be outgoing with unfamiliar people in a safe context

Building Relationships

Continue to embed:

- **creating positive relationships with adults and peers**
 - work and play co-operatively
 - take turns
 - form positive attachments to adults
- **form positive friendships with peers through:**
 - building a constructive relationship
 - building a respectful relationship
 - showing sensitivity towards others' needs