

Self-Regulation- ELG

1- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Talk about their feelings using appropriate words e.g. happy, sad, etc.	Identify their feelings Express feelings	Show an understanding of their own feelings	Circle Time Discussions	Identify good and not so good feelings  Develop a vocabulary to describe feelings to others	1. Aut 1: Children are able to talk positively about themselves.
	Begin to understand how others might be feeling	Consider the feelings of others Think about the perspectives of others	Show understanding of others feelings (empathy)	Circle Time discussions Supporting in play		2. Sum 1: Children understand about respect, being kind and politeness.
		Moderate their own feelings socially and emotionally	Regulate own behaviour	Supporting in play	Use simple strategies to manage feelings	3. Sum 1: Children understand that things/people change and how to manage this.

2- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Select and use resources to achieve a short term goal	See themselves as a valuable individual	Set and work towards simple goals	Choice in the environment Selection of tools and resources to carry out tasks Self esteem support	Recognise and celebrate strengths	1. Aut 1: Children are able to talk positively about themselves.
		Show resilience and perseverance in the face of challenge				
	Increasingly follow rules independently	Build constructive and respectful relationships	Control impulses through waiting when appropriate	Class rules Provision rules		

3- Give focused attention to adults, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Develop sense of responsibility	Build constructive and respectful relationships	Give focused attention to adults	Adult focused time Joining in with class routines	Behavioural expectations Learning behaviours	<b>Aut 1: What is the same and different about us?</b>
	Pay attention to one thing at a time and shift attention (CL)		Follow instructions involving several ideas or actions			

Managing Self- ELG

1- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Becoming more outgoing in new situations	Develop confidence in the familiar school environment	Be confident to try new activities	Provide opportunities for children to try new things e.g. climbing equipment, small responsibilities (taking reg. to office etc)	Learning behaviours  Behavioural expectations	<b>Aut 1: What is the same and different about us?</b>
	Find own solutions to conflicts	Play with others and find solutions without adult input	Demonstrate independence	Through play both indoor and outdoor. Focused work.		
	Develop appropriate ways to be assertive	Show resilience and perseverance	Show resilience and perseverance	Circle Time discussions  Adult modelling		

2- Explain the reasons for rules, know right from wrong and try to behave accordingly

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Develop the sense of community	Build constructive and purposeful relationships	Know right from wrong	Circle Time discussions  Behaviour Policy in the classroom and school	Learning behaviours Community Behavioural expectations	<b>Aut 1: What is the same and different about us?</b>
	Increasingly follow the rules independently	(PD) Develop skills needed to manage the school day e.g. lunch times, mealtimes etc.	Explain the reasons for rules  Try to follow the rules			<b>Aut 1: 3. Children understand BV of Mutual Respect and Tolerance of others - including individual Liberty.</b>

3- Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End Point
PSED (3 & 4 year olds and Rec taken from PD)	Put on coats Do zips Toileting unaided Washing hands	Develop skills needed to manage the school day e.g. toileting, washing hands etc.	Managing personal needs and hygiene	Toilet provision accessible to be used independently Need for hand washing as part of the daily routine	Learning behaviours  Staying healthy and well	<b>SUM 2: What helps us stay healthy?</b>
	Make healthy food and drink choices	Know and talk about the factors that support	Understanding healthy food choices			
		health and wellbeing: food		Healthy eating topics and provisions in the environment  Creating own healthy snacks  Sleep routines, tooth brushing activities, road safety focus  Story to promote health and wellbeing.	Making healthy choices	AUT 1: 4. Children can name main body parts and understand privacy.
	Make good choices in terms of activity and toothbrushing	Know and talk about the factors that support health and wellbeing: physical activity, tooth brushing, screen time, sleep routine, road safety	Understanding healthy living		Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.	

## Building Relationships- ELG

### 1- Work and play cooperatively and take turns with others

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Play with one or more children- extending play Help to find solutions to conflicts and rivalries Talk with other others to solve conflicts	Build constructive and respectful relationships	Play cooperatively	Provide opportunity for independent play Encourage children to find resolutions and compromises by supporting discussion Game opportunities for turn taking e.g. card and board games	Learning Behaviours  Friendships Relationships	AUT 1: What is the same and different about us?
			Work with others			SPR 2: Who is special to us?
			Take turns and share			

### 2- Form positive attachments to adults and friendships with peers

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End point
PSED	Build confidence in social situations	Build constructive and respectful relationships	Attachments to adults	Circle Time Team Building What makes a good friend?	Learning Behaviours  Friendships Relationships	AUT 1: What is the same and different about us?
	Play together and resolve conflict		Build friendships with peers			SPR 2: Who is special to us?

### 3- Show sensitivity to their own and others needs

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1	Year 1 End Point
PSED	Talk about feelings	Identify and moderate own feelings	Show sensitivity to own needs and explain	Circle time discussions  Manage feelings	Learning behaviours Behavioural expectations Feelings Empathy	<b>SPR 2: Who is special to us?</b>
		Express their feelings				
	Begin to understand how others might be feeling	Consider others feelings	Show empathy to others needs			
		Think about the perspectives of others				

