



EYFS Progression of Knowledge, Skills and Understanding

Personal, Social, Emotional Development

PSED			
	3 rising to 5	In reception	ELG
Self-Regulation / Understanding Emotions	<ul style="list-style-type: none"> • Expresses a wide range of feelings in their interactions with others and through their behaviour and play. • Talks about how others might be feeling and responds according to their understanding. • Is more able to recognise the impact of their choices and behaviours/actions. • Knows that some actions and words can hurt others' feelings. • Understands that expectations vary depending on different situations. 	<ul style="list-style-type: none"> • Understands their own and other people's feelings, offering empathy and comfort. • Talks about their own and others' feelings and behaviour and its consequences. • Attempts to repair a relationship or situation where they have caused upset. • Understands how their actions impact other people. • Is more able to tolerate situations in which their wishes cannot be met. • Is aware of behavioural expectations and sensitive to ideas of justice and fairness. • Seeks ways to manage conflict. 	<ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behavior accordingly.
Managing Self / Sense of Self	<ul style="list-style-type: none"> • Is becoming more aware of the similarities and differences between themselves and others in more detailed ways • Enjoys a sense of belonging through being involved in daily tasks • Shows their confidence and self-esteem through being outgoing towards people, taking risks and trying new things. 	<ul style="list-style-type: none"> • Is more aware of their relationships to particular social groups and sensitive to prejudice and discrimination. • Shows confidence in speaking to others about their own needs, wants, interests and opinions in familiar groups. • Can describe their competencies, what they can do well. • Shows confidence in choosing resources and perseverance in carrying out a chosen activity. 	<ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

<p>Building Relationships</p>	<ul style="list-style-type: none"> • Shows increasing consideration of other people's needs. • Practices skills of assertion, negotiation and compromise. • Looks to a supportive adult for help in resolving conflict with peers. • Enjoys playing alone, alongside and with others, 	<ul style="list-style-type: none"> • Represents and recreates what they have learnt about social interactions in their play. • Develops particular friendships with other children, • Is increasingly flexible and cooperative - more able to understand other people's needs, • Take steps to resolve conflicts with other children by negotiating and finding a compromise; sometimes by themselves, sometimes with support. • Is proactive in seeking adult support and able to articulate their wants and needs. 	<ul style="list-style-type: none"> • Work and play cooperatively and take turns with others • Form positive attachments to adults and friendships with peers • Show sensitivity to their own and to others' needs.
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