

Personal, Social and Emotional Development Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

ELG: Self-Regulation

Children at the expected level of development will:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; **TERM 1A**
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; **TERM 3A**
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. **TERM 1B**

ELG: Managing Self

Children at the expected level of development will:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; **TERM 2A**
- Explain the reasons for rules, know right from wrong and try to behave accordingly; **TERM 1B**
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet **TERM 3B** and understanding the importance of healthy food choices. **TERM 2B**

ELG: Building Relationships

Children at the expected level of development will:

- Work and play cooperatively and take turns with others; **TERM 1B**
- Form positive attachments to adults and friendships with peers; **TERM 3B**
- Show sensitivity to their own and to others' needs. **TERM 2A**