

# Personal, Social and Emotional

Encourage children to express their feelings if they feel hurt or upset using descriptive vocabulary

Make time to get to know the child and their family

Ask parents about the child's history, likes, dislikes, family members and culture

Highlight children's interests

Encourage listening to peers as well as adults

Encourage cooperation, sharing and kindness

Model practices that support good hygiene

Narrating your own decisions about healthy foods

Express your approval when they help, listen and support each other

Allow children time in friendship groups as well as other groupings

Help children to set own goals and to achieve them

Have high expectations for children following instructions

Model positive behaviour and highlight exemplary behaviour

Undertake specific activities that encourage talk about feelings and their opinions

Offer constructive support and recognition of child's personal achievements

Provide opportunities for children to tell each other about their work and play

Give children strategies for staying calm in the face of frustration

Help them reflect and self evaluate their own work

Encourage them to think about their own feelings those of others by giving explicit examples of how others might feel

Give children space to calm down and return to an activity.

Use dialogic story time (talking about the ideas arising from the story whilst reading aloud) to discuss books that deal with challenges

Ask children to explain to others what they thought about a problem or an emotion and how they dealt with it

## Personal, Social & Emotional

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

### 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;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

### ELG: Building Relationships

Children at the expected level of development will:

- 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.