

**Personal, Social and Emotional  
ELG: Managing self**

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

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> <li>Express preferences and decisions. They also try new things and start establishing their autonomy.</li> <li>Use engagement to achieve a goal. For example, gesture towards their cup to say they want a drink.</li> <li>Grow in independence, rejecting help (“me do it”) sometimes this leads to feelings of frustration and tantrums</li> <li>Generally, focus on an activity of their own choice and find it difficult to be directed by an adult</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy trying new activities</li> <li>Engage in an activity independently</li> <li>Show some confidence when trying something new</li> <li>Select and use activities and resources, with help when needed</li> <li>Show confidence in new social situations, eg assembly, local area walks or trip</li> </ul>	<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <ul style="list-style-type: none"> <li>Show resilience and perseverance in the face of challenge</li> <li>Be confident when trying something new</li> </ul>	<ul style="list-style-type: none"> <li>Recognising our own feelings and being able to discuss them</li> </ul>

**Key Vocabulary**

Like, dislike, calm, choose, point, new, try, challenge

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

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> <li>Begin to follow simple rules and routines e.g., put your coat on to go outside or sit on the carpet</li> </ul>	<ul style="list-style-type: none"> <li>Be responsible for the equipment they are using</li> <li>Find solutions to conflicts and rivalries.</li> <li>Increasingly follow rules, understanding why they are important</li> <li>Develop their sense of responsibility and membership of a community eg, washing their cup after milk or fetching the fruit</li> <li>Remember the rules without needing an adult to remind them</li> </ul>	<p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <ul style="list-style-type: none"> <li>Know the difference between right and wrong</li> <li>Behaving accordingly in different settings</li> </ul>	<ul style="list-style-type: none"> <li>Who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say? (Including any situations that may arise online)</li> <li>What to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard</li> <li>How to get help if there is an incident</li> </ul>

**Key Vocabulary**

Calm, happy, rules, safe, look after, right, wrong, choice, good, bad, behaviour

