

**Personal, Social and Emotional
ELG: Self-Regulation**

1. To show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> Express preferences and decisions. They also try new things and start establishing their autonomy. Feel strong enough to express a range of emotions beyond their normal range. Be increasingly able to talk about and manage their emotions. 	<ul style="list-style-type: none"> Talk about their feelings using words such as 'happy, sad, angry or worried' Talk about their feelings in more elaborated ways eg "I'm sad because" or "I love it when" Understand gradually how others might be feeling Show more confidence in new social situations. Talk with others to solve conflicts with adult support 	<p>To show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly</p> <ul style="list-style-type: none"> Express their feelings and consider the feelings of others Identify and moderate their own feelings socially and emotionally. See themselves as a valuable individual 	<ul style="list-style-type: none"> Recognising our own feelings and being able to discuss them How others may feel and why they feel a certain way Understanding how our actions affect how someone feels How kind and unkind behaviour can affect others; how to play and work cooperatively

Key Vocabulary

Calm, happy, safe, choose, like, dislike, happy, sad, worried, scared, excited, feelings, change, new

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

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> Grow in independence with possible emotional responses Use engagement to achieve a goal. For example, gesture towards their cup to say they want a drink. 	<ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. 	<p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <ul style="list-style-type: none"> Set goals and challenges Identify and adjust their own feelings socially and emotionally. 	<ul style="list-style-type: none"> The responsibilities they have in and out of the classroom

Key Vocabulary

Calm, happy, safe, choose, like, dislike, happy, sad, worried, scared, excited, feelings, change, new, challenge, try

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3. Give focused attention to adults, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas and actions.			
Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> Understand and act on longer sentences like 'make teddy jump' or 'find your coat' 	<ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. 	<p>Give focused attention to adults, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas and actions.</p> <ul style="list-style-type: none"> Give focused attention to adults Respond to their name or a question when engaged in activity Follow instructions involving several ideas 	<ul style="list-style-type: none"> The responsibilities they have in and out of the classroom 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)
Key Vocabulary			
Calm, happy, safe, choose, like, dislike, happy, sad, worried, scared, excited, feelings, change, new, listen, look, still, help, instructions			

Assessment Tracker							
Year Group	Term 1		Term 2		Term 3		Just Reception: ELG achieved?
	On track	Not on track	On track	Not on track	On track	Not on track	
Preschool							
Nursery							
Reception							