



Personal, Social and Emotional Development Long Term Plan

Personal, Social and Emotional Development					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;"><u>Self-Regulation</u></p> <ul style="list-style-type: none"> *Talk with others to solve conflicts. *Help to find solutions to conflicts and rivalries. *Begin to express feelings and consider the feelings of others. *Begin to set own goals and show resilience and perseverance in the face of challenge *Begin to identify and moderate own feelings socially and emotionally 	<p style="text-align: center;"><u>Self-Regulation</u></p> <ul style="list-style-type: none"> *Express feelings and consider the feelings of others. *Set own goals and show resilience and perseverance in the face of challenge. *Identify and moderate own feelings socially and emotionally. * Think about the perspectives of others. 	<p style="text-align: center;"><u>Self-Regulation</u></p> <ul style="list-style-type: none"> *Express own feelings in an appropriate way and know how to deal with those feelings. *Work towards own goals and develop a have a go attitude. *Confidently follow instructions involving several ideas or actions, responding to them appropriately. 			
<p style="text-align: center;"><u>Managing Self</u></p> <ul style="list-style-type: none"> *Manage own self-care needs - hand washing, organising belongings. *Develop confidence to try new activities and show independence. *Begin to talk about the different factors that support their overall health and wellbeing: - regular physical activity, being a safe pedestrian. 	<p style="text-align: center;"><u>Managing Self</u></p> <ul style="list-style-type: none"> *Manage own self-care needs - own coats (fasten), accessories. * Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - toothbrushing, screen time. 	<p style="text-align: center;"><u>Managing Self</u></p> <ul style="list-style-type: none"> *Show independence in making own choices and organising own resources. *Follow the rules and know why we follow them and know what happens when we don't. *Manage own basic hygiene and personal needs e.g. toileting, choices, clothing. 			
<p style="text-align: center;"><u>Building Relationships</u></p> <ul style="list-style-type: none"> *Begin to see self as a valuable individual. *Begin to build constructive and respectful relationships. 	<p style="text-align: center;"><u>Building Relationships</u></p> <ul style="list-style-type: none"> *See self as a valuable individual. *Build constructive and respectful relationships. 	<p style="text-align: center;"><u>Building Relationships</u></p> <ul style="list-style-type: none"> *Share with others and attempt to solve problems when they occur. *Have confidence in building friendships. * Be sensitive to the feelings of others. *Value self and be aware of own feelings. 			
<p style="text-align: center; color: purple;">PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT EARLY LEARNING GOALS</p> <p>Self-Regulation • 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.</p> <p>Managing Self • 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.</p> <p>Building Relationships • 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.</p>					