

Personal, Social and Emotional Development skills progression

Self-regulation			
Nursery	Reception Autumn	Reception Spring	Reception Summer
Begin to develop appropriate ways of being assertive. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Begin to understand how others might be feeling.	Express their feelings and consider the feelings of others. Develop appropriate ways to be assertive. Talk with others to solve conflicts. Recognise a range of emotions.	Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others and consider their feelings and needs.	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly using different techniques. 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.
SEND provision	Provide alternative ways for pupils to express emotions e.g. emotion mats, Zones of Regulation. Provide Now and Next boards and a visual timetable for pupils to understand how to work towards simple goals. Use of Makaton/BSL to communicate feelings effectively.		