

# FSU PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT PROGRESSION OF SKILLS

PSED	AUTUMN		SPRING		SUMMER	
SUPPORTING TEXTS (NOT LIMITED TO)	Owl Babies, Goodnight Moon, Not Now Bernard, Colour Monster, The Bear who Stared, Ruby's Worry, Our Class is a Family		The Gruffalo, The Proudest Blue, A Dress with Pockets, The Only Way is Badger, Hair Like Mine, Rainbow Fish, The Little Red Hen, Giraffes Can't Dance, Your Skin, My Skin		On the Way Home, Oliver's Vegetables, Avocado Baby, The Koala who Could, Words and your Heart, The Tiger who Came to Tea, The Smartest Giant in Town, My Hair, A Horse called Now	
	NURSERY	RECEPTION	NURSERY	RECEPTION	NURSERY	RECEPTION
Self Regulation	<ul style="list-style-type: none"> <li>I know how to follow simple routines eg. hanging coat on peg.</li> <li>I know how to tidy away with adult support.</li> <li>I know I can make decisions about</li> <li>I am beginning to know and understand the routine of the day.</li> </ul>	<ul style="list-style-type: none"> <li>I can contribute to family group talking about my ideas, emotions and experiences.</li> <li>I know that some behaviour is unacceptable.</li> <li>I know the routine of the day.</li> <li>I can follow a simple two part instructions with help and prompts.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to relate my feelings to a picture or photo, using some words such as happy or sad.</li> <li>I know what comes next in the routine of the day.</li> <li>I can follow a simple verbal instruction without a visual prompt.</li> </ul>	<ul style="list-style-type: none"> <li>I can express and describe my feelings with a simple explanation of why.</li> <li>I can try to comfort others if they are hurt or upset.</li> <li>I know how to follow a two part instruction.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to express my feelings using words such as happy, sad, fine.</li> <li>I can show confidence in new social situations.</li> <li>I know that my actions can affect the feelings of others.</li> <li>I know how to follow a simple two part instruction with visual prompts.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand my feelings and others feelings.</li> <li>I know how to respond to feelings appropriately.</li> <li>I can follow several ideas and instructions at once.</li> <li>I understand rules and routines and why we do them.</li> </ul>

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Managing Self	<ul style="list-style-type: none"> <li>• I know how to follow simple routines, e.g. hanging coat on peg.</li> <li>• I know how to tidy away with adult support.</li> <li>• I know I can make choices about where to play.</li> <li>• I know how to wash and dry my hands.</li> <li>• I know how to put an apron on.</li> </ul>	<ul style="list-style-type: none"> <li>• I can make healthy choices with adult support.</li> <li>• I can change my shoes independently.</li> <li>• I can use a range of fastenings in clothing – on suits and wellies</li> <li>• I know how to look after resources in my classroom.</li> <li>• I know when I need to brush my teeth.</li> <li>• I notice risk in my play.</li> <li>• I am happy to eat in the dinner hall.</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to tidy away resources.</li> <li>• I can select and use some activities with support.</li> <li>• I know to ask for help with basic hygiene needs.</li> <li>• I know that it is important to change into wellies for outdoor play and can do this without help.</li> </ul>	<ul style="list-style-type: none"> <li>• I know some ways to keep my body healthy, including oral hygiene.</li> <li>• I can help others to use resources.</li> <li>• I know the importance of keeping trying when I am trying to achieve a goal.</li> <li>• I can begin to assess risk.</li> <li>• I can set the dinner hall with the appropriate utensils.</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to tidy up independently.</li> <li>• I know how to put my coat on.</li> <li>• I can select and use a range of activities independently.</li> <li>• I know some foods that are healthy.</li> <li>• I know what toothbrushes and toothpaste are for.</li> </ul>	<ul style="list-style-type: none"> <li>• I can persevere and show resilience in challenging situations.</li> <li>• I know how to keep my body safe and healthy.</li> <li>• I can use a knife and fork to eat with.</li> <li>• I can reflect on my achievements with pride.</li> <li>• I know how to fasten my coat.</li> </ul>

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Building Relationships	<ul style="list-style-type: none"> <li>• I know I can go to a familiar adult for support.</li> <li>• I know how to play alongside other children.</li> <li>• I know how to take turns when playing with an adult.</li> </ul>	<ul style="list-style-type: none"> <li>• I can talk about my likes and dislikes.</li> <li>• I can talk about my family.</li> <li>• I can develop new relationships.</li> <li>• I know who can help me in the event of conflict.</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to take turns with a peer, with adult support.</li> <li>• I know how to play with another child.</li> <li>• I know I can go to any adult in my setting for support.</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to share resources with others.</li> <li>• I can share my ideas and what interests me.</li> <li>• I know some vocabulary to help resolve conflicts, e.g. sorry, that made me feel...</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to develop a friendship.</li> <li>• I can be confident to meet unfamiliar people in a safe setting.</li> <li>• I can play in a group, responding to others.</li> <li>• I know what it means to be kind.</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to work and play cooperatively, taking turns.</li> <li>• I can build respectful relationships.</li> <li>• I show that I am kind.</li> <li>• I know some ways to resolve conflicts.</li> <li>• I respect the ideas of others.</li> </ul>