

Personal, Social and Emotional Development Skills Progression in FS1

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|  | Autumn Term | Spring Term | Summer Term |
| Self- Regulation | Show more confidence in new social situations.  Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’. | Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider- Man in the game, and suggesting other ideas.  Understanding gradually how others might feel. | Develop appropriate ways to be assertive.  Talk with others to solve conflicts. |
| Managing Self | Begin to show ‘effortful control’. For example, waiting for a turn and resisting the strong impulse to grab what they want or push their way to the front.  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 for them. | Increasingly follow rules, understanding why they are important. | Remember rules without needing an adult to remind them.  Begin to manage their own needs. |
| Building Relationships | Develop friendships with other children.  Become more outgoing with unfamiliar people, in the safe context of their setting. | Play with one or more other children, extending and elaborating play ideas. | Develop their sense of responsibility and membership of a community. |