



EYFS Personal Social Emotional Development Progression of Skills

ELG: Self-Regulation				
1 - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly				
	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Talk about their feelings in more elaborated ways: "I'm sad because...." Or "I love it when...."	Talk about their feelings using appropriate words e.g. happy, sad, etc.	Identify their feelings Express feelings	Show an understanding of their own feelings
	Develop friendships with other children		Consider the feelings of others Think about the perspective of others	Show understanding of others feelings (empathy)
	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		Moderate their own feelings socially and emotionally	Regulate own behaviour

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

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Grow in independence, ("me do it")	Select and use resources to achieve a short term goal	See themselves as a valuable individual	Set and work towards simple goals
	Thrive as they develop self-assurance		Show resilience and perseverance in the face of challenge	
	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	Increasingly follow rules independently	Build constructive and respectful relationships	Control impulses through waiting when appropriate

3 - Give focus attention to adults, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Develop friendships and relationships with others	Develop sense of responsibility	Build constructive and respectful relationships	Give focused attention to adults
		Pay attention to one thing at a time and shift attention (CL)		Follow instructions involving several ideas or actions

ELG: Managing Self

1 - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Feel confident and enjoy exploring new places with their key person	Becoming more outgoing in new situations	Develop confidence in the familiar school environment	Be confident to try new activities
	Thrive as they develop self-assurance	Find own solutions to conflicts	Play with others and find solutions without adult input	Demonstrate independence
	Feel strong enough to express a range of emotions	Develop appropriate ways to be assertive	Show resilience and perseverance	Show resilience and perseverance

2 - Explain the reasons for rules, know right from wrong and try to behave accordingly

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Feel confident when taken out around the local neighbourhood, and enjoy exploring new places with their key person	Develop the sense of community	Build constructive and purposeful relationships (PD) Develop skills needed to manage the school day e.g. Lunch times, mealtimes etc.	Know right from wrong
		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		Increasingly follow the rules independently

3 - Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

	2-3 years	3 and 4 year olds	Reception	ELG
PSED (2-3 and 3-4, Rec taken from PD)	Put on coats Do zips Show and increasing desire to be independent Learn to use the toilet with help and then independently	Put on coats Do zips Toileting unaided Washing hands	Develop skills needed to manage the school day, e.g. Toileting, washing hands etc.	Managing personal needs, and hygiene
		Make healthy food and drink choices	Know and talk about the factors that support health and wellbeing: food	Understand healthy food choices
		Make good choices in terms of activity and tooth brushing	Know and talk about the factors that support health and wellbeing: physical activity, tooth brushing, screen time, sleep, routine, road safety	Understand health living

ELG: Building Relationships

1 - Work and play cooperatively and take turns with others

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Play with increasing confidence on their own and with others Develop friendships Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities	Play with one or more children - extending play Help to find solutions to conflicts and rivalries Talk with others to solves conflicts	Build constructive and respectful relationships	Play cooperatively Work with others Take turns and share

2 - Form positive attachments to adults and friendships with peers

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Play with increasing confidence on their own and with other children - key person near	Build confidence in social situations	Build constructive and respectful relationships	Attachments to adults
	Develop friendships with other children	Play together and resolve conflict		Build friendships with peers

3 - Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

	2-3 years	3 and 4 year olds	Reception	ELG
PSED	Talk about their feelings	Talk about feelings	Identify and moderate own feelings	Show sensitivity to own needs and explain
	Safely explore emotions		Express their feelings	
	Be increasingly able to talk about and manage their emotions	Begin to understand how others might be feeling	Consider others feelings	Show empathy to others needs
		Think about the perspective of others		