EYFS progression map from birth to the end of Reception year

Area of Learning Personal, Social and Emotional Development

Concept:
Managing Self

Educational Programme from the EYFS framework: Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong warm and supportive relationships with adults enable children to learn how to understand their own feeling and those of other. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating and manage personal needs independently. Through supported interaction with other children they learn how to make good friendships, co-operate and resolve conflict peaceably. These attributes will provide a secure platform form which children can achieve at school and in later life.

Managing Self			**ELG**
Progression steps to enable typical progression withinthis concept ↓	**Birth – 3**	Finds ways to calm myself with comfort from a key person. Establish a sense of self. Expressing preferences and decisions. Tries new things and start establishing my autonomy. Finds ways to manage transitions, for example from my parent to a key person. Looks for clue about how to respond to something interesting. Learns to use the toilet with help and then independently.	**Children at the expectedlevel of development will:** **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 od healthy food choices.**
	3-4 yrs	Selects and use activities and resources, with help when needed (this helps them achieve a goal they have chosen, or one which is suggested to them). Develop a sense of responsibility and be a member of the community. Show more confidence in new situations. Increasingly follows rules, understanding why they are important. Remembers rules without needing an adult to remind me. Increasingly independently in meeting my own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing.	
	Reception	See themselves a valuable individual. Shows resilience and perseverance in the face of challenge. Identifies and moderate my own feeling socially and emotionally. Think about the perspectives of others. Manage their own needs and know about how to keep healthy • Personal hygiene • Regular physical activity • Healthy eating • Toothbrushing • Sensible amounts of 'screen time' • Having a good sleep routine • Being a safe pedestrian.	