



## EYFS – PSHRE

### Reception

Autumn	Spring	Summer
<p>Build constructive and respectful relationships.</p> <p>Manage their own needs.</p>	<p>Express their feelings and consider the feelings of others.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow</p>	<p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p> <p>See themselves as a valuable individual</p>
Self-Regulation ELG	Managing Self ELG	Building Relationships ELG
<p>Be able to show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Be able to set and work towards simple goals, and be able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Be able to give focused attention to what their educator says, respond appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions.</p>	<p>Be able to be confident to try new activities and show independence, resilience, and perseverance in the face of challenges.</p> <p>Be able to explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Be able to manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.</p>	<p>Be able to work and play fairly and take turns with others.</p> <p>Be able to create positive attachments to adults and build friendships with peers.</p> <p>Be able to show sensitivity to their own and to other people's needs.</p>