

PSED –Nursery			Self – Regulation		Reception	
PSED is interwoven into all elements of the EYFS in each term						
Knowledge and skills	Activities	Vocabulary	Knowledge and skills	Activities	Vocabulary	
- Follow 2 step instructions - Show focus on a member of staff for a short period of time	Selfie-squares Throughout the day through routines and games. Carpet time- slowly build time up Candle calm time	instruction attention Eyes this way Ears listening	- View themselves as a valuable individual recognising their strengths - Begin to moderate their feelings in social situations - Tolerate delay and show patience for a short period of time - Follow instructions with more than 2 steps - Give focused attention to a staff member managing simple distractions	Share selfie squares from Nursery Bring in an all about me shoebox - interests, likes and family to share	instruction, strengths, qualities, attention, distraction Eyes this way Ears listening	
PSED- Nursery			Managing Self		Reception	
Knowledge and skills	Activities	Vocabulary	Knowledge and skills	Activities	Vocabulary	
- Select and choose resources to help them reach a goal - Increasingly follow rules - Develop appropriate ways of being assertive - Begin to manage their own needs (washing their hands, dressing, toileting, making good food choices) - Begin to describe and recognise simple feelings – sad, happy, angry, worried, tired, scared	Revisit rules and safety Teach phrases: Stop! don't like it Teach coat flip method, washing hand routines, discussion at snack, Oral health visit/photos. Discussion through books and real life incidents. Emotion faces.	rules, voice, feelings – happy, sad, worried, angry, tired, scared	- Express their feelings and develop respect and awareness of the feeling of others - Show growing confidence in trying new activities - Show resilience when faced with a challenge - Manage their own needs (washing their hands, dressing, toileting, making good food choices) - Explain the reason for rules and actively try to meet them	Circle time, talk partners, sentence stems washing hand routines, discussion at snack, Oral health visit/photos Ask/tell children why Explicit reference to rules and praise for following.	respect, rules, perseverance, hygiene, feelings, independent	

PSED- Nursery			Building Relationships		Reception
Knowledge and skills	Activities	Vocabulary	Knowledge and skills	Activities	Vocabulary
Become more confident with others in social situations • Play with one or more children extending and contributing to the play • Begin to find simple resolutions to problems (take turns being the main character in a role play) • Begin to grasp how someone else might feel	Slow widening of contact with others-trip to office, Headteacher etc	problems, feelings, confidence take turns	• Build constructive and respectful relationships with adults and peers • Consider the perspectives of other people • Work and play cooperatively • Show growing sensitivity to the needs of others • Form positive attachments	Building awareness of being a member of the class/team-lining up, voting, team games, ACT active from Spring, assemblies. Establishing routines and rules, good manners. Modelling of taking note of what emotions others are showing-what might they need?	Relationships, problems, cooperative, sensitive,