

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
<ul style="list-style-type: none"> Follow 2 step instructions Show focus on a member of staff for a short period of time 	<p>Selfie-squares</p> <p>Throughout the day through routines and games.</p> <p>Carpet time- slowly build time up</p> <p>Candle calm time</p>	<p>instruction</p> <p>attention</p> <p>Eyes this way</p> <p>Ears listening</p>	<ul style="list-style-type: none"> 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 	<p>Share selfie squares from Nursery</p> <p>Bring in an all about me shoebox - interests, likes and family to share</p>	<p>instruction,</p> <p>strengths,</p> <p>qualities,</p> <p>attention,</p> <p>distraction</p> <p>Eyes this way</p> <p>Ears listening</p>
PSED- Nursery		Managing Self		Reception	
Knowledge and skills	Activities	Vocabulary	Knowledge and skills	Activities	Vocabulary
<ul style="list-style-type: none"> 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 	<p>Revisit rules and safety</p> <p>Teach phrases: Stop! don't like it</p> <p>Teach coat flip method, washing hand routines, discussion at snack, Oral health visit/photos.</p> <p>Discussion through books and real life incidents.</p> <p>Emotion faces.</p>	<p>rules,</p> <p>voice,</p> <p>feelings –</p> <p>happy, sad,</p> <p>worried,</p> <p>angry, tired,</p> <p>scared</p>	<ul style="list-style-type: none"> 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 	<p>Circle time, talk partners, sentence stems</p> <p>washing hand routines, discussion at snack,</p> <p>Oral health visit/photos</p> <p>Ask/tell children why</p> <p>Explicit reference to rules and praise for following.</p>	<p>respect,</p> <p>rules,</p> <p>perseverance,</p> <p>hygiene,</p> <p>feelings,</p> <p>independent</p>

PSED- Nursery			Building Relationships			Reception		
Knowledge and skills	Activities	Vocabulary	Knowledge and skills	Activities	Vocabulary			
<p>Become more confident with others in social situations</p> <ul style="list-style-type: none"> • 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 	<p>Slow widening of contact with others-trip to office, Headteacher etc</p>	<p>problems, feelings, confidence take turns</p>	<p>• Build constructive and respectful relationships with adults and peers</p> <ul style="list-style-type: none"> • Consider the perspectives of other people • Work and play cooperatively • Show growing sensitivity to the needs of others • Form positive attachments 	<p>Building awareness of being a member of the class/team-lining up, voting, team games, ACT active from Spring, assemblies.</p> <p>Establishing routines and rules, good manners. Modelling of taking note of what emotions others are showing-what might they need?</p>	<p>Relationships, problems, cooperative, sensitive,</p>			