



Personal, Social and Emotional Development Skills Progression in FS1

	Autumn Term	Spring Term	Summer Term
Self-Regulation	<p>Show more confidence in new social situations.</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p>	<p>Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.</p> <p>Understanding gradually how others might feel.</p>	<p>Develop appropriate ways to be assertive.</p> <p>Talk with others to solve conflicts.</p>
Managing Self	<p>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.</p> <p>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested for them.</p>	<p>Increasingly follow rules, understanding why they are important.</p>	<p>Remember rules without needing an adult to remind them.</p> <p>Begin to manage their own needs.</p>
Building Relationships	<p>Develop friendships with other children.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p>	<p>Play with one or more other children, extending and elaborating play ideas.</p>	<p>Develop their sense of responsibility and membership of a community.</p>