



Personal, Social and Emotional Development involves helping children to develop a positive sense of themselves, and others; to form positive relationship and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities **(Regulatory requirements 2017 Section 1 - The learning and development requirements 1.5)**

Children's personal, social and emotional development (PSED) is crucial for children to leave 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 feelings and those of others.

Aspects of Personal, Social and Emotional Development

- **Self-Regulation**– ELG1 - Children show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. They set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. They give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.
- **Managing Self**– ELG2- Children are confident to try new activities and show independence, resilience and perseverance in the face of challenge. They explain the reasons for rules, know right from wrong and try to behave accordingly. They manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
- **Building Relationships** – ELG3- Children work and play cooperatively and take turns with others. They form positive attachments to adults and friendships with peers. They show sensitivity to their own and to others' needs.

We promote this through:

- establishing warm, caring relationships
- nurturing self esteem and confidence
- promoting self respect and respect for others
- promoting awareness and appreciation of different cultures
- encouraging self-discipline
- encouraging independent learning

For example, through:

- praising achievement
- circle time
- resources promoting positive images of differences
- multicultural resources
- persona dolls
- providing positive role models
- secure routines and a safe environment
- labelling resources clearly and making them accessible
- ensuring there is time and space for children to focus on activities and experiences that develop their own interests
- planning for children to work independently, and also in collaborative groups where they need to share and co-operate