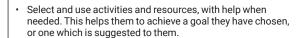
# EYFS Development Matters 2020 Statements and ELGs Personal, Social and Emotional Development

### Birth to Three

- Find ways to calm themselves, through being calmed and comforted by their key person.
- · Establish their sense of self.
- · Express preferences and decisions. They also try new things and start establishing their autonomy.
- · Engage with others through gestures, gaze and talk.
- Use that engagement to achieve a goal. For example, gesture towards their cup to say they want a drink.
- Find ways of managing transitions, for example from their parent to their key person.
- · Thrive as they develop self-assurance.
- · Look back as they crawl or walk away from their key person. Look for clues about how to respond to something interesting.
- · Play with increasing confidence on their own and with other children, because they know their key person is nearby and available.
- · Feel confident when taken out around the local neighbourhood, and enjoy exploring new places with their key person.
- · Feel strong enough to express a range of emotions.
- Grow in independence, rejecting help ("me do it"). Sometimes this leads to feelings of frustration and tantrums.
- 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.
- Be increasingly able to talk about and manage their emotions.
- Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, and so on.
- · Develop friendships with other children.
- Safely explore emotions beyond their normal range through play
- · Are talking about their feelings in more elaborated ways: "I'm sad because..." or "I love it when ...".
- Learn to use the toilet with help, and then independently.

### Three and Four-Year-Olds



- Develop their sense of responsibility and membership of a community.
- Become more outgoing with unfamiliar people, in the safe context of their setting.
- · Show more confidence in new social situations.
- Play with one or more other children, extending and elaborating play ideas.
- Find solutions to conflicts and rivalries. For example. accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
- Increasingly follow rules, understanding why they are
- · Remember rules without needing an adult to remind them.
- Develop appropriate ways of being assertive.
- · Talk with others to solve conflicts.
- · Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.
- · Understand gradually how others might be feeling.
- Be increasingly independent in meeting their own care needs, e.g brushing teeth, using the toilet, washing and drying their hands thoroughly.
- Make healthy choices about food, drink, activity and toothbrushing.

## **Children in Reception**

- See themselves as a valuable individual.
- Build constructive and respectful relationships.
- Express their feelings and consider the feelings of others.
- Show resilience and perseverance in the face of challenge.
- Identify and moderate their own feelings socially and emotionally.
- Think about the perspectives of others.
- Manage their own needs.
  - Personal hygiene
- · Know and talk about the different factors that support their overall health and wellbeing:
- regular physical activity
- healthy eating
- toothbrushing
- sensible amounts of 'screen time'
- having a good sleep routine
- being a safe pedestrian

### Early Learning Goals

#### **Self-Regulation**

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- 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**

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- · Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

#### **Building Relationships**

- · Work and play cooperatively and take turns with others.
- · Form positive attachments to adults and friendships with peers.
- · Show sensitivity to their own and to others' needs.





