



Nursery Personal, Social and Emotional Development progression

Self-regulation			
Baseline	Autumn	Spring	Summer
Express a range of emotions.	Talk about and manage their emotions.	Talk about feelings using words like 'happy', 'sad', 'angry' or 'worried' and talk about why they are feeling the way that they are.	Manage their feelings and talk about how they can overcome them independently.
	Safely explore emotions beyond their normal range through play and stories.	Understand how others might be feeling and why they are showing this emotion.	Use different emotions in play with others and understand why they are using it in their play.
	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 (starting to show effortful control – and be aware of rules/boundaries)	Increasingly beginning to follow rules, understanding why they are important. They do not always need an adult to remind them of a rule to keep themselves and their friends safe and happy.	Follow nursery rules and know why they are important without adult supporting them.

Managing self			
Baseline	Autumn	Spring	Summer
With support they can hang their coat up and go to the toilet when they need to.	Feel confident when taken out around the school and enjoy exploring new places with school adults.	Developing their sense of responsibility and membership of a community. They can talk about people who they have met in their community.	Responsible and confident to be part of their community. They may have joined a group in the community such as a dance, football or swimming group. They are ready for new experiences like starting a new school year.
	Feel confident asking adults for help. Enjoy a sense of belonging through being involved in daily tasks.	Becoming increasingly independent in meeting own care needs, e.g. brushing teeth, using the toilet, washing & drying hands	Make healthy choices about food, drink, activity & tooth brushing.



Building relationships			
Baseline	Autumn	Spring	Summer
I choose to play with different activities with support.	Play with increasing confidence on their own and with other child - because they know adults are nearby and available.	Become more outgoing with unfamiliar people and friends, in the safe context of their nursery environment. Show more confidence in new social situations.	Able to be assertive when considering other children's wants and interests. Talk honestly about what they think and feel with adults and friends and act on this appropriately.
	Beginning to develop friendships with other children.	Starting to play with one or more other children, extending and elaborating their play ideas for a short period of 5 minutes	Play in a group with friends, and make up ideas of things to do and games to play independently.
	Beginning to notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, and notice these features in their friends.	Developing appropriate ways of being assertive. Talk with others to solve conflicts with support from adults.	Begin to find solutions to quarrels and rivalries independently.