



EYFS Curriculum - Progression Map
PSED: Self-Regulation



Classes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2 year olds	Children will separate from main carer.	Children will show confidence walking around our school with their key person.	Children will grow in independence and begin to want to do things for themselves.	Children will show confidence in being able to be calmed by their key person or by themselves.	Children will explore emotions through play and stories.	Children will show growing confidence and independence through their own choices.
Nursery	Children will be able to choose where they would like to play.	Children will know that they can ask adults for help.	Children will learn some simple rules of the day e.g. children stop what they are doing when they hear the class bells.	Children will explore different feelings using The Colour Monster book.	Children will talk about ways to show 'kindness' to others.	Children will show confidence to try new things - 'have a go'.
Reception	Children will be able to see themselves as an individual.	Children will be able to recognise ways to help others.	Children will be able to talk about 'right' choices and understand consequences.	Children will begin to talk about their feelings and use the self-regulation station to recognise how they are feeling.	Children will begin to recognise the effects of their behaviour on others.	Children will learn ways to overcome challenges.
Links to Y1	Children will be able to talk about ways that make them unique to others.	Children will be able to identify people who are special to them and why.	Children will begin to understand how choices they make contribute to their wellbeing.	Children will have some understanding of different emotions.	Children will be able to recognise people in the community who can help to keep them safe.	Children will recognise positive choices they can make to help others.