

Personal Social and Emotional Development

Statutory Educational Programme

Children's personal, social and emotional development (PSED) is **crucial for children to lead 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**. Children should be supported to manage emotions, develop a **positive sense of self**, set themselves **simple goals**, have **confidence** in their own abilities, to **persist** and **wait** for what they want and **direct attention** as necessary.

Through adult modelling and guidance, they will learn how to **look after their bodies**, including **healthy eating**, and **manage personal needs independently**. Through supported interaction with other children, they learn how to make **good friendships, co-operate** and **resolve conflicts** peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.



Our Core Offer

- Key person approach where children and families are supported to build trustful relationships.
- Developing a sense of belonging through being part of a consistent key group, spending time together in base area where there are photos of children, their families and their learning at nursery.
- Adults use simple, short phrases to embed routines and boundaries, with a focus on positive language such as "walking feet" instead of "don't run"
- Explicit teaching and use of learning skills, for example using listening ear, looking eyes and thinking brains.
- Consistent daily routines, with smooth, supported transitions.
- Consistent learning environments where continuous provision has been carefully considered and enhanced with exciting provocations to learning.
- Teaching of emotional literacy and conflict resolution.
- A future oriented approach to self-care skills.

Our Curriculum Goals

- I can build relationships and make friends
- I can express and regulate my feelings
- I am a confident learner
- I can take care of myself and make healthy choices