

Ticket to: a journey from novice to expert (Early Years Foundation Stage)



Personal, Social & Emotional

Our nurturing learning environment has personal, Social & Emotional Development at its heart. Our children recognise that they are unique, special & important and that they have responsibilities to show sensitivity and consideration for others. Children develop respectful relationships, resilience & independence, becoming emotionally attentive citizens of the future.

By the end of Foundation Stage learners:

Families & relationships-

Family



Know the names & describe the different members of their family.
Know & understand that all families are valuable & special.
Citizens talk about their families & why they love them.
Citizens talk about people that hold a special place in their life.



Safety & the changing body-being safe (including online)

Know that some rules are in place to keep us safe.
Know how to behave safely on the pavement & when crossing roads with an adult.
Citizens consider why it is important to follow rules.
Citizens explore what it means to be a safe pedestrian.

Health & well-being - Mental wellbeing



Know (name) some different feelings & emotions.
Know that they are a valuable individual.
Know that facial expressions can give us clues to how a person is feeling.
Know that they can learn from their mistakes.
Know some strategies to calm down.
Citizens identify how characters within a story may be feeling.
Citizens identify & express their own feelings.
Citizens explore coping strategies to help regulate emotions.
Citizens explore different facial expressions & identify the different feelings they can represent.
Citizens explore ways to moderate behaviour, socially & emotionally.
Citizens explore coping with challenge when problem solving.

Families & relationships-

Friendships

Know that we share toys so that everyone feels involved & no one feels left out or upset.
Citizens develop strategies to help when sharing with others.
Citizens explore what makes a good friend.

Health & well-being- physical health & well-being

Know that exercise means moving our body & it is important.
Know that yoga can help our bodies & minds relax.
Citizens explore how exercise affects different parts of the body.

Families & relationships- respectful relationships

Know that different people like different things and that all people are valuable.
Know that it is important to help, listen & support others when working in a team.
Know that it is important to tell the truth.
Citizens think about what it means to be valued.
Citizens explore the differences between us that make each person unique.
Citizens consider the perspectives & feelings of other.
Citizens learn to work as a member of a team.



Health & well-being-health & prevention

Know that having a naturally colourful diet is one way to try & eat healthily.
Citizens discuss ways that they we can take care of ourselves.



Personal, Social, and Emotional Development (PSED) is a **Prime** area within the Early Years Foundation Stage (EYFS) Framework. PSED in early years forms the foundation for children's mental health, social relationships, and overall well-being, enabling them to thrive both in school and beyond. PSED is divided into three main areas in the EYFS, each focusing on different aspects of emotional and social growth: Self-Regulation, Managing Self and Building Relationships. Establishing the strong foundations within the early years, enables children to develop executive function, confidence, manage relationships effectively, and approach learning with a positive attitude.

In the Early Years - Literacy, we:



- **Creating a Safe, Nurturing Environment** where all children understand that they are welcomed, loved and unique. Children are helped to understand that they belong and that they are an important part of the Park Hall family. A supportive, predictable environment helps children feel secure and confident enabling them to take risks, try new activities, and form relationships.



- **Model Positive Social Interactions** such as respectful communication, active listening, and cooperative play, demonstrating how to handle conflicts, communicate feelings, and show empathy for others.



- **Encourage Emotional Expression** helping children express their feelings appropriately by creating safe spaces for children to talk about their emotions and helping them identify different feelings.



- **Build Resilience**, or the ability to bounce back from challenges, as this is crucial for emotional well-being. Practitioners encourage resilience by helping children view mistakes as learning opportunities (marvellous mistakes) and by supporting them when they encounter setbacks.



- Intentional provide activities and opportunities which develop children's **executive function**. Executive function in the early years refers to a set of mental skills that help young children regulate their behavior, make decisions, and solve problems. These skills include working memory, cognitive flexibility, and inhibitory control, and they are essential for social interactions, learning, and adapting to new situations. Executive function skills develop rapidly during the early years and are foundational for later success in school and life.

