

# EYFS Progression Map – Personal, Social and Emotional Development

Children in Reception will be learning to:

- 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 and personal hygiene
- know and talk about the different factors that support their overall health and wellbeing including:
  - regular physical activity
  - healthy eating
  - toothbrushing
  - sensible amounts of 'screen time'
  - having a good sleep routine
  - being a safe pedestrian