

Personal, Social and Emotional Home Learning Support

By the end of the academic year, our aim is for children to have mastered the following skills:

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

At the end of the year, teachers will complete the Early Years Profile and assess children against the Early Learning Goals.

Self-Regulation

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
- Building Relationships**
- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

Home Learning Ideas

Board games

Play a board game – practise taking turns and celebrate winning or losing! Learn that it is the taking part that counts.

We are all different

Choose 2 of your friends and draw a picture of yourself with these friends. Think about and discuss the similarities and difference between you all. Different hair and skin colour, different sizes, different homes and different interests for example.

Random Acts of Kindness

Do something nice for someone – something that will make them happy. Help them do something, make them a picture or say something nice.

Breathing exercises

Learn some simple techniques to help regulate breathing. Balloon breaths Place your hands near your lips, as if you are going to blow up a balloon. Inhale deeply and on the exhale (through your mouth) expand your hands outwards, as if you are blowing up a giant balloon.

You are special

Draw a picture of yourself and then ask everyone you know to write words or sentences to describe what makes you marvellous! What are your best qualities? What are you good at? What makes you special?

Online Safety

Talk about the dangers of the online world using the Smartie the Penguin resources for EYFS:
<https://www.childnet.com/resources/smartie-the-penguin>

Useful Websites