

# Explorers 1 / Nursery

## Skills Ladder

### Personal, Social and Emotional Development

#### Self-Regulation

**PSED1** Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.

**PSED2** Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.

**PSED3** Increasingly follow rules, understanding why they are important.

**PSED4** Show more confidence in new social situations.

**PSED5** Develop their sense of responsibility and membership of a community.

**PSED6** Become more outgoing with unfamiliar people, in the safe context of their setting.

**PSED7** Show resilience and perseverance in the face of challenge.

#### Managing Self

**PSED8** Talk with others to solve conflicts.

**PSED9** Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.

**PSED10** Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly.

**PSED11** Make healthy choices about food, drink, activity and toothbrushing.

**PSED12** See themselves as a valuable individual.

**PSED13** Express their feelings and consider the feelings of others.

**PSED14** Identify and moderate their own feelings socially and emotionally.

**PSED15** Manage their own Personal hygiene.

**PSED16** 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

#### Building Relationships

**PSED17** Play with one or more other children, extending and elaborating play ideas.

**PSED18** Understand gradually how others might be feeling.

**PSED19** Build constructive and respectful relationships.

**PSED20** Think about the perspectives of others.

