

Explorers 2 / Reception

Skills Ladder

Personal, Social and Emotional Development

Self-Regulation

PSED21 Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly

PSED22 Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate

PSED23 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

PSED24 Be confident to try new activities and show independence, resilience and perseverance in the face of challenge

PSED25 Explain the reasons for rules, know right from wrong and try to behave accordingly

PSED26 Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

Building Relationships

PSED27 Work and play cooperatively and take turns with others

PSED28 Form positive attachments to adults and friendships with peers

PSED29 Show sensitivity to their own and to others' needs

