



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

Annual Overview	Autumn	Spring	Summer
Reception (Busy Bees)	<ul style="list-style-type: none"> • Self-regulation • Managing Self • Building Relationships • Feeling Valued • Rules and Routines • Express and Moderate Own Feelings • Healthy bodies • Turn taking and sharing 	<ul style="list-style-type: none"> • Problems and Solutions • Feelings and Emotions – developing empathy • Showing Resilience and Perseverance • Developing Independence • Health and hygiene – teeth and diet • Feeling and Keeping safe in an emergency • Begin to understand bullying • Respectful relationships 	<ul style="list-style-type: none"> • Calming and Communicating our emotions • What are school values? • Independence and organisation • Developing Confidence • Dressing and undressing independently • Importance of sleep, screen time and being a safe pedestrian • Understanding bullies and how to be safe? • How to keep safe online • Demonstrating our Christian Values