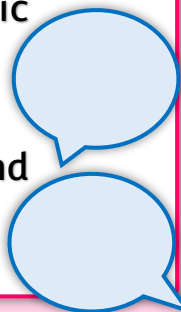


Reception

Examples to support learning

Help children to set own goals and to achieve them.

Undertake specific activities that encourage talk about feelings and their opinions.



Congratulate children for their kindness to others and express your approval when they help, listen and support each other.

Offer constructive support and recognition of child's personal achievements.



Provide opportunities for children to tell each other about their work and play. Help them reflect and self-evaluate their own work.

Make time to get to know the child and their family. Ask parents about the child's history, likes, dislikes, family members and culture.

Personal, Social and Emotional Development

1

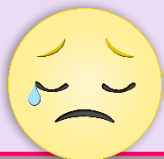
Help them to develop problem-solving skills by talking through how they, you and others resolved a problem or difficulty. Show that mistakes are an important part of learning and going back is trial and error not failure.

Model positive behaviour and highlight exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour.

Take opportunities in class to highlight a child's interests, showing you know them and about them.

Encourage children to express their feelings if they feel hurt or upset using descriptive vocabulary. Help and reassure them when they are distressed, upset or confused.

Make sure children are encouraged to listen to each other as well as the staff.



Allow children time in friendship groups as well as other groupings.

Ensure children's play regularly involves sharing and cooperating with friends and other peers.

Have high expectations for children following instructions, with high levels of support when necessary.

Reception

Examples to support learning

Narrate your own decisions about healthy foods, highlighting the importance of eating plenty of fruits and vegetables.

Model practices that support good hygiene, such as insisting on washing hands before snack time.



Work with parents and health visitors or the school nurse to help children who are not usually clean and dry through the day.

Explain to children and model how to travel safely in their local environment, including: staying on the pavement, holding hands and crossing the road when walking, stopping quickly when scootering and cycling, and being sensitive to other pedestrians.

Use dialogic story time (talking about the ideas arising from the story whilst reading aloud) to discuss books that deal with challenges, explaining how the different characters feel about these challenges and overcome them.

Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle.



Ask children to explain to others how they thought about a problem or an emotion and how they dealt with it.

Personal, Social and Emotional Development 2

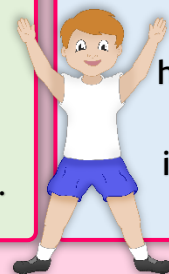
Help individual children to develop good personal hygiene. Acknowledge and praise their efforts. Provide regular reminders about thorough handwashing and toileting.

Give children strategies for staying calm in the face of frustration. Talk them through why we take turns, wait politely, tidy up after ourselves and so on.

Support all children to recognise when their behaviour was not in accordance with the rules and why it is important to respect class rules and behave correctly towards others.

Encourage them to think about their own feelings and those of others by giving explicit examples of how others might feel in particular scenarios. Give children space to calm down and return to an activity.

Talk with children about exercise, healthy eating and the importance of sleep.



Reception

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Personal, Social and Emotional Development 1

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