

## Personal, Social and Emotional Development

Helping children to develop a positive sense of themselves and others; to form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities.

Personal, social and emotional development is one of the building blocks of success in life. It supports children's development by helping them to interact effectively and develop positive attitudes to themselves and others.

Personal, social and emotional development is one of the three prime areas of learning within the Early Years Foundation Stage (EYFS) and is broken down into three aspects:

### **Self-confidence and self-awareness**

We want children to develop a sense of emotional wellbeing and have confidence in themselves.

Practitioners help the children to feel valued and special and give them a sense of self-worth. This in turn leads to them being confident with others and knowing when they need support from other people.



### **Making relationships**

Children are encouraged to build relationships in a positive, warm and special way with other children and adults in nursery. The environment and activities are set up to provide time, space and materials for children to collaborate with one another in different ways, for example building a den or building a train track. They are encouraged to share ideas to enable them to see something from somebody else's point of view and take that into account when they play and work together. To be able to do these things children need role models – therefore practitioners model how to be with others; how to be kind and to understand why people behave in certain ways.

### **Managing Feelings and Behaviour**

In nursery we help the children to understand their own needs and feelings and those of others, and how to manage their feelings. We have established daily routines so children know what to expect and when. We set, explain and maintain clear expectations, so the children can feel safe and secure in their play and other activities. Practitioners support the children to help them to understand how they are feeling and why and how to manage these in a positive way.

