

Curriculum Aspiration



PSED

Have a range of strategies to express and manage my emotions with regards to myself and my peers.

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Milestone 1

Children settle well into school routines and begin to understand and follow expectations. They develop awareness of their emotions through the Zones of Regulation, identifying and naming feelings and seeking support from an adult when needed.



Milestone 2

Children build positive relationships with others, sharing and recognising how this affects both themselves and their friends. They can explain their own feelings and begin to notice and understand emotions in others.



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Milestone 2

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Milestone 3

Children learn to manage their own emotions by using strategies to help themselves when needed. They also show empathy by encouraging or comforting friends when they notice how they feel.

