



Self Regulation

	Baseline (Sept)	Autumn (Dec)	Spring (April)	Summer (July)	Year One Ready
Feelings and behaviour regulation	I can talk about feelings (happy, sad, angry)	I can identify a range of different feelings	I can say how others are feeling based on their expressions and actions	I can say how I and others are feeling I can show my understanding of feelings by changing my behaviour	Shows an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly
Working for goals	I can choose what I need to complete a goal (short term)	I can keep on trying when I find something difficult	I can say what I am good at and what I would like to improve	I can set myself goals I can wait for my requests and needs to be met	Sets and works towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate
Focused attention	I am starting to follow instructions	I am starting to sit and listen more consistently during adult focus time I can follow simple instructions	I can sit and listen during adult focus time I can follow instructions with two or more parts	I can listen to and respond to adults I can follow instructions accurately (several ideas/ actions)	Gives focused attention to adults, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions

Managing Self

Baseline (Sept)	Autumn (Dec)	Spring (April)	Summer (July)	Year One Ready
I am starting to become more confident when things are new (dealing with the transition)	I am starting to try new activities	I can keep on trying even when I am finding something difficult	I can try new activities I can show resilience and perseverance when things are difficult	Is confident to try new activities and shows independence, resilience and perseverance in the face of challenge
I am showing an awareness of rules and how to behave in the classroom	I am starting to be aware of rules in the school and classroom	I can follow the school and class rules I can talk about the school and class rules I can talk about what is right and wrong	I can explain and follow rules (in the classroom and around school) I can show I know right from wrong by my behaviour	Explains the reasons for rules, knows right from wrong and tries to behave accordingly Manages own basic hygiene and personal needs, including dressing,



I can toilet myself	I can dress and undress for PE/ Forest School etc. I am starting to know ways to stay healthy	I can say how I keep myself healthy e.g. diet, oral health, hand washing, exercise, etc.	I can manage my own basic hygiene and personal needs e.g. toileting and dressing I can explain healthy food	going to the toilet and understanding the importance of healthy food choices
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Building Relationships

Baseline (Sept)	Autumn (Dec)	Spring (April)	Summer (July)	Year One Ready
I can play with one or more children cooperatively	I can play with a small group of children, sharing ideas	I can use words to help solve conflicts with others I can work well with others listening and sharing ideas	I can work with others in a group I can play with others, take turns and share	Works and plays cooperatively and take turns with others Forms positive attachments to adults and friendships with peers Shows sensitivity to their own and others needs
	I am starting to form good relationships with the familiar adults in my class	I can show friendly behaviour in the classroom and around school I am developing friendships with lots of different people	I can form good relationships with the adults in the classroom and around school I have lots of friends and positive friendships	
I can start to talk about the way I feel	I can express and identify my feelings I can express my basic needs to familiar adults e.g. ask to go to the toilet, etc.	I can identify how others feel and respond to them appropriately	I know what my own needs are and can share them I am sensitive to the needs of others	