

Teaching and Learning

Personal Social and Emotional



The EYFS breaks down the area of PSED in to 3 aspects –

Emotions – developing the skills needed for self-regulation, managing impulses, recognising emotions in themselves and in others etc.

Sense of self – developing confidence and independence, building resilience and perseverance when faced with challenges and recognising right from wrong etc.

Relationships – developing the skills to engage with others, forming positive attachments, and recognising the give and take needed when interacting with their peers and adults in their lives etc.

“Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.”

Department for Education - Help for early years providers

As a prime area, personal, social and emotional development forms a foundation not only for learning, but for life skills that every child will need.

Task 1

Take some time to reflect as a team, to ensure that you have a shared understanding the language used in this area of development:

- What is meant by emotional development?
- What is meant by a sense of self?
- What do positive relationships look like?

Think about what this looks like in practice. Can you see how the children's interactions and behaviours are reflective of their personal social and emotional development?

Task 2

To enable you to better understand children's development in this area, lets apply this to the context of 'you, the professional'

- What makes you feel emotionally secure at work?
- How have you developed your sense of self as a practitioner?
- Do you feel that your working relationships are positive? What leads you to believe this?

Can you see the connection between your own feelings and experiences and that of the children?

Through this kind of activity, practitioners should be able to sympathise with the needs and wants of the child, enabling them to provide a curriculum that takes this holistic approach towards a child's personal, social, and emotional development.

Further reading:

[Learning Areas – Birth To 5 Matters](#)