

# Nursery Knowledge Organiser for Personal, Social, Emotional Development

## Overview of Personal, social, emotional development (PSED)

Personal, social and emotional development (PSED) supports children to learn to get on with others and make friends, understand and talk about feelings, learn about 'right' and 'wrong', develop independence and ultimately feel good about themselves.

PSED is one of the three prime areas within the EYFS and is divided into self-regulation, managing self and building relationships.

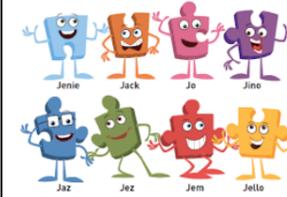


**Self-Regulation-** Children are encouraged to develop an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.

**Managing self-** encouraging the children to be confident to try new activities and show independence, resilience and perseverance in the face of challenge

**Building relationships-** working and playing cooperatively and take turns with others, building attachments and showing sensitivity to their needs and to other's needs.

## Jigsaw



Jigsaw, the mindful approach to brings together Personal, Social, Health

Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning

Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time.

In each school year of Jigsaw we solve 6 Puzzles



Being Me in My World  
Celebrating Difference  
Dreams and Goals  
Healthy Me  
Relationships  
Changing Me

We will explore one each half term.

**Key Vocabulary:** *wide vocabulary gives children the means to describe what they see, show their knowledge and make comparisons.*

healthy, emotions, safety, behaviour, friends, happy, calm, angry, sad, frustrated, nervous, worried, scared, relationships, rules, friends, respect

## Managing Self



We all have things in common and things that make us unique (different to everyone else). This is good - it is what makes you, you!

Our opinion is what we think about something, and differ to others' opinions.

We all have different likes & dislikes, e.g. we may have different hobbies.

## Building Relationships

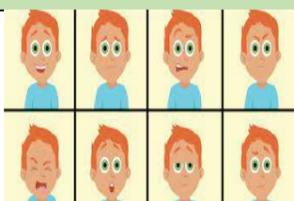


Relationships are connections between people. Some ways that you can build good relationships:

\*Take turns \* Listen to other people's ideas \* Try to help others when they need it.

\*Understand that people sometimes feel differently to you.

## Self-regulation

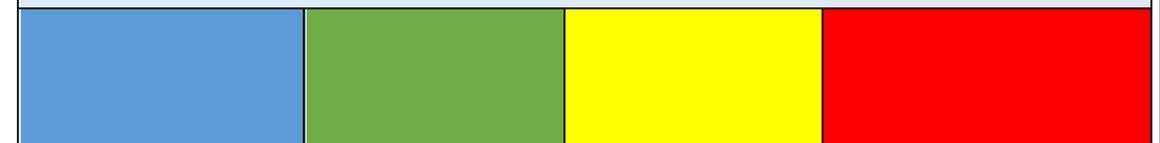


Emotions are our inner feelings. There are lots of words to describe our emotions.

It is important that we understand our emotions, and the emotions of other people.

Our behaviour is the way that we act. Good behaviour means following rules, and treating people and things with kindness and respect.

## Zones of regulation



Zones of regulation is an approach used to support the development of self-regulation in children. It helps them become aware of their feelings/ level of alertness, understand how their behaviour impacts outcomes and develop tools and strategies for regulation.

**Red-** is used to describe extremely heightened states of alertness and intense emotions. (elation, anger, devastation, terror)

**Yellow-** is a heightened state of alertness or elevated emotion but child has more control over them (stress, frustration, anxiety, excitement, nervousness)

**Green-** used to describe a calm state of alertness. They may be happy, focused and ready to learn.

**Blue-** is used to describe low states of alertness and down feelings such as sad, sick, tired or bored.