A picture containing whiteboard

Description automatically generatedClass 1 EYFS Long Term Overview – Managing Self

**Managing Self**

ELG Children at the expected level of development at the end of reception will

be confident to try new activities and show independence, resilience and perseverance in the face of challenge;

•explain the reasons for rules, know right from wrong and try to behave accordingly;

•manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

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| F1 | Reception |
| Building blocks to managing-self:   * Respond to the routines of the day * Aware of own feelings and being able to talk to an adult about it * Show more confidence in new social situations * Children learn how to solve conflict age appropriately and take turns * Develop appropriate ways of being assertive * Develop understanding of age-appropriate rules * To be engaged in an activity for increasing periods of time * Able to access activities independently * Encourage children to tidy things away * Become increasingly independent in meeting their own care needs * Understand that some items can be shared but are others are personal belongings | **Building blocks to managing self:**   * As Nursery * For children to see themselves as valuable * Children to develop skill of evaluating own work * Children developing skills of problem solving and overcoming challenge * Children to realise the importance of following rules * Developing the ability to see another’s point of view * Understanding the importance of looking after themselves eg personal needs (dressing , toileting), sleep, eating healthily, drinking water * To take responsibility to tidy up after self (choose it, use it, put it away) |
| Continuous provision:   * Resources labelled clearly and organised so children can access easily and independently * Opportunities for children to play and explore, learning to solve problems eg finding that the biggest brick needs to go on the bottom of the tower * Provide familiar resources for children to practise skills and correct own mistakes * Invite visitors to school to talk to the children * Take children on walks/trips * Rules displayed with visual prompts * Books to enhance activities * Dressing up clothes available * Independent access to toilet and washing facilities | **Continuous provision:**   * As nursery * Opportunities for problem solving with support of adults and independently * Visual aids in the toilet, sink area and to support children when getting changed for PE * Opportunities to practise skills * Provide familiar resources for children tobe able to evaluate and refine outcomes * Books to enhance activities * Opportunities for children to observe closely and make links |
| Role of adult:   * Model positive behaviour to others * Set clear boundaries and routines * Interact calmly and sensitively with children * Teach skills and support children to achieve them eg toileting, putting a coat on and doing the zip, using a knife and fork * If appropriate, give children time to solve problems independently before offering support * Modelling compromises and turn taking * Referring to rules regularly- praising and referring back * Narrate your problem -solving process eg I’m going to put the biggest brick on the bottom so my tower won’t fall down * Tune in to child’s interest, having a conversation with children about what they have noticed, repeat and extend what the child has said to develop language | **Role of adult:**   * As nursery * High expectations of children following the rules * Model positive behaviour and highlight exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour. * Talking with a child about their behaviour, how the other child feels and what could he/she do next time * Talk with children about their interests, likes and dislikes * Model skills and support children to achieve them eg using scissors * Offer constructive support in recognition of child’s personal achievements and for child to identify next step on how to improve. * If appropriate, give children time to solve problems independently. Encourage children to find other ways eg have another go, ask a friend, ask an adult before offering support * Work alongside child to solve a problem by tuning in to their interest, using sustained shared thinking asking open ended questions (I wonder what would happen if we…., Tell me more…), encouraging children to generate own ideas and explanations. Re-capping and clarifying child’s ideas in order to extend his/her thinking and language * Direct teaching and reinforcing activities about how to stay healthy. * Develop healthy attitude through it being a regular part of school day embedded in school routines eg washing hands, snack time |