

Appendix 1: EYFS links to Relationships and Sex Education

Personal, Social and Emotional Development: Self Regulation

3 and 4 year olds	Reception	Early Learning Goal
<ul style="list-style-type: none"> • Welcomes and enjoys praise for what they have done • Is more outgoing towards unfamiliar people and more confident in new social situations • Confident to talk to other children when playing and will communicate freely about own home and community • Shows confidence in asking adults for help 	<ul style="list-style-type: none"> • Confident to speak to others about own needs, wants, interests and opinions • Can describe self in positive terms and talk about abilities 	<ul style="list-style-type: none"> • Children are confident to try new activities and say why they like some activities more than others • They are confident to speak in a familiar group • Will talk about their ideas • They say when they do or don't need help

Personal, Social and Emotional Development: Managing Self

3 and 4 year olds	Reception	Early Learning Goal
<ul style="list-style-type: none"> • Aware of own feelings and knows that some actions and words can hurt other's feelings • Begins to accept the needs of others and can take turns and share resources, sometimes with the support from others • Can usually tolerate delay when needs are not immediately met, and understands wishes may not always be met • Can usually adapt behaviour to different events, social situations and changes in routine 	<ul style="list-style-type: none"> • Understands that own actions affect other people, for example becomes upset or tries to comfort another child when they realise they have upset them • Beginning to be able to negotiate and solve problems without aggression, e.g. when someone has taken their toy 	<ul style="list-style-type: none"> • Children can talk about how they and others show feelings, talk about their own and others' behaviour and its consequences and know that some behaviour is unacceptable • They work as part of a group or class • Understand and follow the rules • Adjust behaviour to different situations

Personal, Social and Emotional Development: Building Relationships

3 and 4 year olds	Reception	Early Learning Goal
<ul style="list-style-type: none"> • Can play in a group, extending and elaborating play ideas, e.g. building up a role –play activity with other children • Initiates play, offering cues to peers to join them • Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults 	<ul style="list-style-type: none"> • Initiates conversations, attends to and takes account of what others say • Takes steps to resolve conflicts with others children, e.g. finds a compromise 	<ul style="list-style-type: none"> • Children can play co-operatively, taking turns with others • They take account of one another's ideas about how to organise an activity • They show sensitivity to others' needs and feelings • Form positive relationships with adults and other children