

Reception- Learning Journey PSED



Self-Regulation

- See themselves as a valuable individual.
- Express their feelings and consider the feelings of others.
- Identify and moderate their own feelings socially and emotionally.
- Think about the perspectives of others.

Managing Self

- Show resilience and perseverance in the face of challenge.
- Manage their own needs, including personal hygiene.
- Know and talk about the different factors that support their overall health and wellbeing.



Building Relationships

- Build constructive and respectful relationships.
- Think about the perspectives of others.