

Being Me in My World – Social and Emotional Skills

EYFS

- Identify feelings associated with belonging
- Skills to play co-operatively with others
- Be able to consider others' feelings
- Identify feelings of happiness and sadness
- Be responsible in the setting

KS1

Y1

- Understand that they are safe in their class
- Identifying helpful behaviours to make the class a safe place
- Understand that they have choices
- Understanding that they are special
- Identify what it's like to feel proud of an achievement
- Recognise feelings associated with positive and negative consequences

LKS 2

Y3

- Make other people feel valued
- Develop compassion and empathy for others
- Be able to work collaboratively
- Recognise self-worth
- Identify personal strengths
- Be able to set a personal goal
- Recognise feelings of happiness, sadness, worry and fear in themselves and others

Y2

- Know how to make their class a safe and fair place
- Show good listening skills
- Be able to work co-operatively
- Recognise own feelings and know when and where to get help
- Recognise the feeling of being worried

UKS 2

Y4

- Identify the feelings associated with being included or excluded
- Be able to take on a role in a group discussion / task and contribute to the overall outcome
- Know how to regulate my emotions
- Can make others feel cared for and welcome
- Recognise the feelings of being motivated or unmotivated
- Can make others feel valued and included
- Understand why the school community benefits from a Learning Charter
- Be able to help friends make positive choices

Y5

- Empathy for people whose lives are different from their own
- Consider their own actions and the effect they have on themselves and others
- Be able to work as part of a group, listening and contributing effectively
- Be able to identify what they value most about school
- Identify hopes for the school year
- Understand why the school community benefits from a Learning Charter
- Be able to help friends make positive choices
- Know how to regulate my emotions

Y6

- Know own wants and needs
- Be able to compare their life with the lives of those less fortunate
- Demonstrate empathy and understanding towards others
- Can demonstrate attributes of a positive role-model
- Can take positive action to help others
- Be able to contribute towards a group task
- Know what effective group work is
- Know how to regulate my emotions
- Be able to make others feel welcomed and valued