


<b>Self-Regulation and Well-being</b>	
I will be able to talk about my emotions and respond appropriately to the emotions of others.	
	
Milestone one	What we will do or provide to support learning
<p>I will express my emotions through actions and gestures e.g. crying or shouting.</p> <p>I will use a familiar and trusted adult to help me to calm down when I am upset, angry or frustrated (co-regulation)</p>	<p>Provide a Key Person who knows the child and family well and can help provide support and comfort where required.</p> <p>Establish clear and consistent routines and expectations to help children feel secure in the nursery.</p> <p>Provide warm and responsive interactions that are focussed on children's interests and motivations.</p> <p>Be proactive at working with families to understand how different children communicate or express their emotions.</p>
Milestone Two	What we will do or provide to support learning
<p>I will start to use some words to express what I am feeling e.g. 'I am happy / angry'.</p> <p>I will begin to develop some strategies to help me to manage my own emotions e.g. using a comforter or finding an activity that I enjoy to help calm me down.</p>	<p>Adults talk with children in play and help children to label their emotions e.g. 'I wonder if you are feeling angry...'</p> <p>Share stories and information books that provide opportunities to discuss different emotions e.g. The Colour Monster / Where the Wild Things Are.</p> <p>Provide Let's Get Talking / group time sessions that support children to identify and label emotions.</p> <p>Help children to find solutions where they are frustrated or struggling to manage their emotions e.g. finding another toy to play with or using wait buttons to promote turn talking.</p>
Milestone Three	What we will do or provide to support learning
<p>I will begin to identify and talk about why I am feeling a particular way.</p> <p>I will begin to talk with other children to find solutions to disagreements or conflict.</p> <p>I will be able to express what I want or want to do in appropriate ways, beginning to take account of the needs and feelings of others.</p>	<p>Provide children with a range of resources to engage in different types of role play, joining with them to explore emotions, negotiate roles and model turn taking.</p> <p>Encourage children to think of their own solutions to potential disagreements e.g. 'You both want a go on the slide, I wonder what you could do'?</p> <p>Provide resources for children to explore and talk about emotions directly in free play e.g. emotion puppets / pebbles.</p>
Final Milestone (what will the children be doing independently)	
<ul style="list-style-type: none"> <li>I will be able to use a range of different words to talk about how I am feeling and why.</li> </ul>	

- I will be able to adapt my behaviour in different social situations.
- I will be able to recognise the emotions of others and will seek to comfort them and find solutions when they are upset.
- I will be able to wait for a short time for a turn at something and will be able share and take turns with toys and resources, with some adult support where necessary.