



HEART

Helping Early years practitioners Apply
Research into Teaching and learning

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

3-2-1



Explore the theme



- 1. Teaching awareness of emotion and feelings and how to manage them.**
- 2. Teaching relationship skills and how to sustain positive relationships.**
- 3. How can we promote self-care?**

Watch an approach in action video



- 1. Teaching and modelling managing emotions and feelings - It's my playdough!**
- 2. Teaching how to sustain positive relationships - Pirate Ship building**

Download a booklet



- 1. Supporting Personal, Social and Emotional Development (PSED) in the Early Years**

Read more

<https://educationendowmentfoundation.org.uk/early-years-evidence-store/personal-social-and-emotional-development>



Funded by
UK Government



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Endowment
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