



## Nursery – 'No Way Through' isn't True!

### What I should already know

- Find ways to calm themselves, through being calmed and comforted by their key person.
- Establish their sense of self.
- Express preferences and decisions. They also try new things and start establishing their autonomy.
- Find ways of managing transitions, for example from their parent to their key person.
- Thrive as they develop self-assurance.
- Play with increasing confidence on their own and with other children, because they know their key person is nearby and available.
- Grow in independence, rejecting help ("me do it"). Sometimes this leads to feelings of frustration and tantrums.
- Be increasingly able to talk about and manage their emotions.
- Develop friendships with other children.

### Circles

What is special about you?

### What I will know

- I can keep going at a task.
- We can do amazing things with our bodies.
- Keeping going often brings a reward.
- Keep trying when we are learning something new.
- Find ways to help me.

### Vocabulary

Keep trying

Special

Amazing

Tricky

Obstacles

Challenge