



	Reception	Year 1/2	Year 3/4	Year 5/6
Self awareness and reflection	<ul style="list-style-type: none"> • recognise, name and deal with feelings in a positive way • notice some effects of own actions on others • identify how people are feeling (e.g. happy, sad, worried) 	<ul style="list-style-type: none"> • recognise effects of own behaviour on others and use this to help make choices • identify matters that are important to self and others • learn from mistakes and use feedback 	<ul style="list-style-type: none"> • identify connections between personal decisions and issues affecting people locally and globally • explore reasons for negative feelings towards others and in new or difficult situations 	<ul style="list-style-type: none"> • recognise personal strengths and weaknesses • evaluate ways in which own emotions, words and behaviour can affect people both locally and globally
Communication	<ul style="list-style-type: none"> • listen to others • take turns to express a view 	<ul style="list-style-type: none"> • participate in discussions about issues that affect self, others and the wider world • state opinions and start to give reasons for these • listen carefully to others 	<ul style="list-style-type: none"> • listen attentively, question and respond to others • express own views and ideas on issues clearly, using a range of appropriate methods • give reasons, evidence and examples in support of an opinion 	<ul style="list-style-type: none"> • communicate effectively through a range of media about issues to suit subject, audience and purpose • use active listening skills adapt behaviour to new cultural environments
Cooperation and conflict resolution	<ul style="list-style-type: none"> • participate in group activities • take turns and share manage disputes peacefully 	<ul style="list-style-type: none"> • play and work cooperatively • help to ensure that everyone in own group is included • begin to show tact and diplomacy 	<ul style="list-style-type: none"> • work cooperatively to solve problems or achieve goals • use strategies to manage anger, frustration and aggressive feelings • use knowledge of others' viewpoints to resolve problems 	<ul style="list-style-type: none"> • take on different roles in group work • employ effective strategies for repairing damaged relationship
Ability to manage complexity and uncertainty	<ul style="list-style-type: none"> • ask for help if unsure what to do 	<ul style="list-style-type: none"> • describe feelings about changes in own life and locally • suggest some strategies for coming with challenging times 	<ul style="list-style-type: none"> • describe feelings about changes and events in own setting and the wider world • use strategies to cope with challenging times • recognise when there may be no single right or wrong answer 	<ul style="list-style-type: none"> • adapt to new situations and explore new ways of seeing local and global issues • explore multiple perspectives and alternative visions of the future
Informed and reflective action	<ul style="list-style-type: none"> • support others in group or class 	<ul style="list-style-type: none"> • contribute actively and constructively to the life of own class and school • take action when something is unfair 	<ul style="list-style-type: none"> • participate in decision making in school • contribute to the wellbeing of the wider community • share opinions and evidence on issues with others • including decision makers and elected representatives 	<ul style="list-style-type: none"> • identify and plan appropriate action(s) and opportunities to make own voice heard • challenge viewpoints which perpetuate inequality and injustice • reflect on learning from taking action