

1. Learning to play

1.18 I can join in well for the whole of breaktime and lunchtime play.

1.17 I can enjoy playing on my own for half an hour.

1.16 I can tolerate losing.

1.15 I can cope with team games and taking part in competitive games.

1.14 I can be playful in a range of situations without becoming dysregulated.

1.13 I can take part in role-play and come out of role easily.

1.12 I can occupy myself for 10 minutes in my play.

2. Understanding my feelings

2.18 I can express a range of feelings in ways that do not hurt myself or other people.

2.17 I can use a range of strategies to cope with my worries and other uncomfortable feelings.

2.16 I can identify and recognise a range of feelings.

2.15 I can accept it is OK to have any feelings, but not OK to behave in any way I feel like.

2.14 I can use ways to communicate my feelings to others.

2.13 I can use my strategies to help regulate myself.

2.12 I can accept my parents/ carers and teachers talking together about me.

3. Understanding other people's feelings

3.18 I can recognise how I can affect other people's feelings.

3.17 I can recognise the feelings of others.

3.16 I can understand that all people have feelings but that they might experience and show them in different ways.

3.15 I can understand another person's point of view and understand how they might be feeling.

3.14 I can show genuine concern and thoughtfulness to other people.

3.13 I can believe people when they tell me I have done a good thing.

3.12 I can respond well if other children show friendly and constructive interest