

Year EYFS
PSHE Overview

	Autumn 1 <u>Me and My Relationships</u>	Autumn 2 <u>Valuing Difference</u>	Spring 1 <u>Keeping Safe</u>	Spring 2 <u>Rights and Respect</u>	Summer 1 <u>Being My Best</u>	Summer 2 <u>Growing and Changing</u>
Key lesson title	<p>All about me</p> <p>What makes me special</p> <p>Me and my special people</p> <p>Who can help me?</p> <p>My feelings</p> <p>My feelings (2)</p>	<p>I'm special, you're special</p> <p>Same and different</p> <p>Same and different families</p> <p>Same and different homes</p> <p>I am caring</p> <p>I am a friend</p>	<p>What's safe to go onto my body</p> <p>Keeping Myself Safe - What's safe to go into my body (including medicines)</p> <p>Safe indoors and outdoors</p> <p>Listening to my feelings</p> <p>Keeping safe online</p> <p>People who help to keep me safe</p>	<p>Looking after my special people</p> <p>Looking after my friends</p> <p>Being helpful at home and caring for our classroom</p> <p>Caring for our world</p> <p>Looking after money (1): recognising, spending, using</p> <p>Looking after money (2): saving money and keeping it safe</p>	<p>Bouncing back when things go wrong</p> <p>Yes, I can!</p> <p>Healthy eating</p> <p>My healthy mind</p> <p>Move your body</p> <p>A good night's sleep</p>	<p>Seasons</p> <p>Life stages - plants, animals, humans</p> <p>Life Stages: Human life stage - who will I be?</p> <p>Where do babies come from?</p> <p>Getting bigger</p> <p>Me and my body - girls and boys</p>
Key Learning intentions for the unit.	<p>Talk about similarities and differences.</p> <p>Name special people in their lives.</p> <p>Describe different feelings.</p> <p>Identify who can help if they are sad, worried or scared.</p> <p>Identify ways to help others or themselves if they are sad or worried.</p>	<p>Be sensitive towards others and celebrate what makes each person unique.</p> <p>Recognise that we can have things in common with others.</p> <p>Use speaking and listening skills to learn about the lives of their peers.</p> <p>Know the importance of showing care and kindness towards others.</p> <p>Demonstrate skills in building friendships and cooperation.</p>	<p>Talk about how to keep their bodies healthy and safe.</p> <p>Name ways to stay safe around medicines.</p> <p>Know how to stay safe in their home, classroom and outside.</p> <p>Know age-appropriate ways to stay safe online.</p> <p>Name adults in their lives and those in their community who keep them safe.</p>	<p>Understand that they can make a difference.</p> <p>Identify how they can care for their home, school and special people.</p> <p>Talk about how they can make an impact on the natural world.</p> <p>Talk about similarities and differences between themselves.</p> <p>Demonstrate building relationships with friends.</p>	<p>Feel resilient and confident in their learning.</p> <p>Name and discuss different types of feelings and emotions.</p> <p>Learn and use strategies or skills in approaching challenges.</p> <p>Understand that they can make healthy choices.</p> <p>Name and recognise how healthy choices can keep us well.</p>	<p>Understand that there are changes in nature and humans.</p> <p>Name the different stages in childhood and growing up.</p> <p>Understand that babies are made by a man and a woman.</p> <p>Use the correct vocabulary when naming the different parts of the body.</p> <p>Know how to keep themselves safe.</p>

<p>Key Story</p>	<p>All About Me story on IWB Elmer stories Can't you sleep Little Bear? The Rainbow Fish. Dogger - Shirley Hughes The Boy with Big Big Feelings by Britney Winn Lee.</p> <p>Ruby Finds a Worry by Tom Percival.</p> <p>In My Heart, A book of feelings by Jo Witek.</p> <p>The Feelings Monster by Anna Llenas.</p>	<p>Harold shares his scarf story . <i>Ten Little Fingers and Ten Little Toes</i> by Helen Oxenbury <i>All Kinds of People</i> by Emma Damon</p> <p>Usborne <i>That's Not My...</i> books show differences amongst the same animal/creature. These are a great resource for a visual example of differences amongst people.</p> <p><i>All Are Welcome</i> by Alexandra Penfold and Suzanne Kaufman</p> <p>The Smartest Giant in Town by Julia Donaldson.</p> <p>'The Great Big Book of Families' by Mary Hoffman</p> <p>Dr Seuss story 'Come over to My House'</p> <p><i>Kind</i> by Alison Green</p> <p><i>Kindness Grows</i> by Britta Teckentrup</p> <p><i>Be Kind</i> by Pat Zietlow Miller</p> <p><i>The Hug</i> by Eoin McLaughlin</p>	<p>Hold on Harold story, Harold the safety Detective, Jessie and friends storybook People who help to keep me safe. IWB Emergency! By Margaret Mayo</p> <p>Heroes who help us from around the world by Liz Gogerly</p> <p>Real Superheroes by Julia Seal</p> <p>My Daddy is a Nurse by Kerrine Bryan</p>	<p><i>Five Minutes' Peace</i> by Jill Murphy <i>Peace at Last</i> by Jill Murphy <i>Mr Large in Charge</i> by Jill Murphy <i>The Family Book</i> by Todd Parr</p> <p><i>The Great Big Book of Families</i> by Mary Hoffman</p> <p><i>We Are Family</i> by Patricia Hegarty</p> <p><i>The Best Friends Book</i> by Todd Parr</p> <p><i>The Lion Inside</i> by Rachel Bright</p> <p><i>The Grumpy Frog</i> by Ed Vere</p> <p><i>Have You Filled a Bucket Today? A guide to daily happiness for kids</i> by Carol McCloud</p> <p><i>Will You Be My Friend?</i> by Molly Potter</p> <p><i>Edie</i> by Sophy Henn</p> <p><i>I Can Make a Difference</i> by Pat Thomas</p> <p>10 things I Can Do To Help My World by Melanie Walsh is a fantastic child-friendly resource for discussing and sharing ideas.</p> <p><i>Dinosaurs and All That Rubbish</i> by Michael Foreman</p>	<p>Book 'Rosie Revere, Engineer' by Andrea Beaty - versions of this are available online if you don't have a copy of the book. <i>The Dot</i> by Peter H. Reynolds</p> <p><i>Oliver's Fruit' Salad</i> by Vivian French</p> <p>'<i>Oliver's Vegetables</i>' by Vivian French</p> <p>'<i>Which Food Will You Choose?</i>' By Claire Potter</p> <p>'<i>Good Enough to Eat</i>' by Lizzy Rockwell</p> <p>'<i>I Will Not Ever Eat A Tomato</i>' by Lauren Child</p>	<p><i>Tree: Seasons Come, Seasons Go</i> by Patricia Hegarty or <i>Skip through the Seasons</i> by Stella Blackstone and Maria Carluccio. <i>Seasons</i> by Hannah Pang</p> <p><i>Pop Up Seasons</i> by Anna Milbourne</p> <p><i>Tree: Seasons Come, Seasons Go</i> by Patricia Hegarty</p> <p><i>Snowballs</i> by Lois Ehlert</p> <p><i>Snow, Storm, Rain and Sun all</i> by Sam Usher</p> <p><i>Out and About: A first book of poems</i> by Shirley Hughes</p> <p><i>Alfie's Weather</i> by Shirley Hughes</p> <p><i>Monkey Puzzle</i> by Julia Donaldson.</p> <p><i>The Very Hungry Caterpillar</i> by Eric Carle.</p> <p><i>The Tiny Seed</i> by Eric Carle</p> <p><i>The Growing Story</i> by Ruth Krauss</p> <p>A copy of <i>Once There Were Giants</i> by Martin Waddell (find on YouTube if there is no copy in school).</p>
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<p>Key Artefacts or resources</p>	<p>Food Picture cards, Drawing and writing materials, A favourite book or toy,</p>	<p>Harold's song. L1 Mirrors story map templates, Photos of children's families, Puppets play, friendship scenario pictures,</p>	<p>Large sheet of paper to draw a body, props or images of safe,unsafe items, Age appropriate safe touches workshop on you tube. Think You Know CEP website emoji faces Jessie and Friends resources, Create artwork to show -if you ever feel worried about anything, tell an adult you trust.</p>	<p>Caring families portraits, Describing feelings - adults displaying different feelings photos, Caring families portraits, Painting and drawing materials. Fuzzy feeling jar,</p>	<p>Put children's achievements in golden frames to display in class. Wellbeing wheel, Animal Exercise and Let's get Moving - Activity sheets</p>	<p>The four seasons activity sheet, Life stages activity sheet, Human life cycle teacher resource, Children to bring in/share pictures of when they were babies Matching pairs Getting Bigger Activity sheet, <u>NSPCC Pantosaurus Pants film</u></p>
<p>Key Vocabulary</p>	<p>Same, different, family, friends, like, favourite, best,</p>	<p>Special, favourite things,Problem, worried, scared,same,different, Caring,friendship, kindness, saying and doing kind things, family experiences, I feel left out,Being a good friend badges.Friend of the day awards.</p>	<p>Safe, body, good, bad, teeth cleaning, unsafe, inside my body and on my body, medicine, Safe indoors and outdoors, consent</p>	<p>Look after, help, community local care home mindful, tidy, respecting belongings, caring, environment, recycling, pollution, reduce, reuse, recycle. money,shopping, Saving money and keeping it safe,</p>	<p>Shy, quit,resilience, healthy eating, eatwell plate, carbohydrates, proteins, milk and dairy, veg and fruit. mental health, healthy mind, Exercise, Routines getting ready for bed, Sleep routine,</p>	<p>The four seasons Reproduction in plants and animals. Frog, seed, butterfly,life cycles,</p>
<p>Enhancements for Continuous Provision</p>	<p>Put mirrors in the creative and drawing or mark-making areas. Children can make self-portraits and then compare these with friends. How are we the same? How are we different?</p> <p>Selection of feely bags: fill these with different objects. Children can play-act circle time activities and talk about the things they like and why they like them.</p> <p>Use the special objects that children bring in (or the shoe box alternatives), if not too</p>	<p>Painting/drawing self-portraits.</p> <p>Place mirrors at painting easel/table for painting self-portraits.</p> <p>Children can create collage pictures of their faces using a range of materials.</p> <p>Make play dough faces,small world props,</p> <p>Diversity dressup.</p> <p>Different musical instruments from around the world.</p>	<p>Clothes on teddies or dolls,, Hospital role play, Role play crossing the road, Safety signs, Create a feelings board with a section for children to put their picture/name on/in a 'need to talk' section/box. Allow time in the day to follow this up.</p> <p>Encourage role-play activities around people who help us by using the dressing up box with different uniforms of the emergency services.</p> <p>In the Small People area, set up road crossings and a crossing patrol person to</p>	<p>Roleplay looking after someone, The kindness ripple, water and a pebble, Writing area post its or speech bubbles to create shout outs. Art equipment for children to draw their friends. places to be mindful, Thank you cards, Create a wormery from the snack bar fruit peelings. Create a recycling centre in the classroom. Role play shopping, Write shopping lists, Provide till, price tags, purses and money.</p>	<p>Make their own invention, draw it and make from junk modelling, Put out different toy foods for sorting: fruit and vegetables/likes and dislikes etc.</p> <p>Design and make rainbow pizza (see superhealthykids.com for ideas with this)</p> <p>Role play 'Shop': grouping different foods/price lists/special offers e.g. half price, 3 for 2 (money problems)/till for money activities/ signs etc.</p>	<p>Arrange some wheels for children to explore the concept of cycles through their play, e.g.</p> <ul style="list-style-type: none"> ● Waterwheels ● Bike wheels ● Wind wheels ● Toy Prams ● Toy Cars ● Hula hoops <p>Have some seasonal things on a tabletop feely tray. Try to have things from different seasons - you may need to use pictures of some things such as leaves at different times of the year. Place this near the</p>

	<p>valuable, for an interactive table display.</p> <p>Using Small World people and a dolls' house, children try out different kinds of families in a home.</p> <p>Create a Friendship Stop in the classroom or outside.</p> <p>Set up a Reflection Area in a corner of the classroom.</p> <p>The Pairs or Snap card games could go into this area. You can display posters on the walls for helping children to feel calm - the children could draw these themselves.</p>	<p>My home picture using lolly sticks.</p> <p>Magazines to create a room collage.</p> <p>My home poem using a structure.</p> <p>Junk model houses</p> <p>Children create different types of homes using pictures - use building bricks.</p> <p>Kindness cards</p> <p>Fuzzy feelings jar</p> <p>Games to play in pairs.</p> <p>Teamwork games</p> <p>Friendship stops</p>	<p>stimulate play on this theme.</p>		<p>Role Play 'Healthy Café': Design menus / order forms / till for money activities.</p> <p>Calm music area,</p> <p>Create cards to give to each other, <i>Get well</i>, <i>thinking of you</i>, or <i>Thank you</i> cards.</p> <p>How will you move today? display.</p> <p>In the role play/quiet area, the children could use resources to put a teddy/soft toy to bed.</p>	<p>writing table along with sentence starters:</p> <p>In summer I like to...In winter I like to...</p> <p>Outdoor or indoor play to explore planting and growing seeds.</p> <p>If you do decide to grow any flowers/plants or vegetables then you could assign responsibilities to the children, e.g. watering, weeding, picking (if applicable).</p> <p>Have chicks in an incubator.</p> <p>Have tadpoles in a tank.</p> <p>Have butterflies in a hatchery.</p> <p>Observing/drawing pictures/handling/caring.</p> <p>Puzzles, games or activities that involve matching baby animals/insects to their mothers. If you don't have such a resource you could use images sourced online.</p> <p>Find a copy of <i>There's a House Inside my Mummy</i> or <i>And Tango Makes Three</i>, or similar for the introduction to this theme.</p> <p>Read a story about getting bigger, such as <i>You'll Soon Grow into Them</i>, <i>Titch</i> by Pat Hutchins</p>
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