



## PSHE in our EYFS Curriculum

*"Coming together is a beginning. Keeping together is progress. Working together is success."*

**Intent:** To create a happy and safe environment where children are able to take risks, develop relationships and embrace learning opportunities for their future.

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

Our PSED curriculum brings together PSHE (Personal, Social, Health and Economic Education) and RSE (Relationships, Sex, Education).

|                                                        | Autumn 1                                                                                                                                                                                                                                                                                                            | Autumn 2                                                                                                                                                                                                                                                                               | Spring 1                                                                                                                                                                        | Spring 2                                                                                                                                                                       | Summer 1                                                                                                                                                            | Summer 2                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PSED</b><br>Personal, social, emotional development | <ul style="list-style-type: none"> <li>See themselves as a valuable individual.</li> <li>Build constructive and respectful relationships</li> </ul>                                                                                                                                                                 | <ul style="list-style-type: none"> <li>Express their feelings &amp; consider the feelings of others.</li> </ul>                                                                                                                                                                        | <ul style="list-style-type: none"> <li>Identify and moderate their own feelings socially and emotionally</li> </ul>                                                             | <ul style="list-style-type: none"> <li>Manage their own needs</li> </ul>                                                                                                       | <ul style="list-style-type: none"> <li>Show resilience and perseverance in the face of challenge.</li> </ul>                                                        | <ul style="list-style-type: none"> <li>Think about the perspectives of others.</li> </ul>                                                                                                                                                                                              |
|                                                        | <b>Key Vocabulary</b>                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                 |                                                                                                                                                                                |                                                                                                                                                                     |                                                                                                                                                                                                                                                                                        |
|                                                        | Special, individual, interests, like, dislike, unique, sharing, friend, turn taking, listening.<br>Zones of regulation, red, green, yellow, blue, emotion, feeling, tired, sick, sad, calm, focused, positive, worried, nervous, excited, frustrated, terrified, angry<br><br><b>Be positive</b><br>Resilient Rhino | Resilient, positive, creative, imagination, originality, kind, unkind, friendly, sharing, turn taking, happiness, unique, different, temporary, sadness, upset, unhappy, miserable, worried, uneasy, troubled, anger, frustration, outrage<br><br><b>Be kind</b><br>Creative Chameleon | Responsible, independence, worry, nervous, anxious, choice, wrong, right, consequence, accident, purpose, positive, negative<br><br><b>Be responsible</b><br>Independent Iguana | Worried, bored, surprised, excited, scared, germs, hygiene, clean, dirty, healthy, unhealthy, balanced, experiment, energy, mood.<br><br><b>Be inclusive</b><br>Teamwork Tiger | Concentrate, focus, brave, courage, daring, resilience, perseverance, challenge, positive attitude, determination<br><br><b>Be brave</b><br>Concentrating Crocodile | Problem, resolve, solution, nervous, settle, explore, mistake, trial and error, consider, feelings, emotions<br>Stop, look, listen, safety, pedestrian<br><br><b>Positive, kind, responsible, inclusive, brave</b><br><b>Resilient, creative, independent, teamwork, concentrating</b> |

|                                                                            | Autumn 1                                                                                                                                  | Autumn 2                                                                                                                                                                                              | Spring 1                                                                                                                                           | Spring 2                                                                                                                                                     | Summer 1                                                                                                                                                           | Summer 2                                                                                                                                             |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PSHE</b><br>Links to the personal, social health and economic education | Red needs the toilet<br>Pink has a new brother<br>Pink goes to school<br>Pink misses mummy<br>Rainbow feels angry<br>Orange feels worried | Yellow wants to play with Orange<br>Blue learns to share<br>Red's hearing aids<br>Blue's indoor voice<br>Orange helps out<br>Rainbow helps at home<br>Orange brushes her teeth<br>Pink is feeling sad | Why does Purple play differently?<br>Green stays in hospital<br>Green gets glasses<br>Orange's sleepover<br>Red's nut allergy<br>Red goes swimming | Yellow learns about germs<br>Yellows bedtime<br>Purple is poorly<br>Rainbow's food journey<br>Red visits the dentist<br>Pink's screen time<br>Green's greens | Blue's best friend<br>Rainbow visits the seaside<br>Blue explores road safety<br>Yellow play fights<br>Purple's pet bird<br>Blue gets lost<br>Purple the passenger | Orange moves house<br>Purple watches the news<br>Green is moving up a year<br>Yellow goes on holiday<br>Rainbow's day out<br>Green's Daddy moves out |