

PSHE/RSE planning for Summer 1 2022

Session - Monday afternoon last session - all when ZBS/AA back from swimming

The main focus activity will change each week but the other parts will remain the same throughout the half term.

Check - in	Each child will say 'Hello my name is' then say 'Today I am feeling.....' They will use the feelings monsters to say how they are feeling. They will be encouraged to give a simple reason why they are feeling that way.
Mixer	Child to stand in front of their own chair and will swap places with another child for a variety of reasons - if you like Spiderman, have brown hair, wearing glasses etc.
Main focus – Relate to Matrix – 'Growing and changing'	Week 1 – Easter Monday Week 2 – What makes me unique? What makes me special, what am I good at? Week 3 – How am I the same/different to others? Week 4 – Naming different kinds of feelings and how they look. How to recognise feelings in myself and others? How can I tell? Week 5 – How different feelings can affect how people behave and how that can affect others? Week 6 – How to manage feelings when things go wrong, who to talk to and what to do.
Energiser	One of our favourites, the bone detective.
Check - out	1) If I could meet anyone it would be..... 2) If I could visit anywhere it would be..... 3) If I could be good at a sport it would be..... 4) If I could play an instrument it would be 5) If I could have different hair I would have.... 6) If I could be an animal it would be.....