



Emotions

Feelings

Relationships

Resilience

Independence

Unique

Healthy

Similarities

Differences

Early Years Outcomes

Children in Reception will:

See themselves as a valuable individual.

Build constructive and respectful relationships.

Express their feelings and consider the feelings of others.

Show resilience and perseverance in the face of challenge.

Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others.

Manage their own needs

Early Learning Goals: Self- Regulation

Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions

Managing Self

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly.

Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships

Work and play cooperatively and take turns with others.. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.



What does it look like?

In the Foundation Stage, PSHE is referred to as PSED. It is broken down into three areas— self-regulation, managing self and building relationships. It also links with Physical Development and Understanding the World. PSED underpins all that we do in the early years and is a fundamental building block for a child's development. In Reception, we support and encourage children to interact effectively with others, develop positive attitudes about themselves, to understand their own feelings and the feelings of others. 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



Key Knowledge and Skills- Children will:

- Learn that we all have things in common and things that make us unique.
- Discuss the different communities that exist and talk about what communities they belong to.
- Learn how to be patient, share and take turns.
- Learn to understand own emotions and the emotions of others.
- Be encouraged to build positive relationships with their peers and their teachers.
- Understand that people think differently to you.
- Understand and follow class rules.
- Know the importance of being healthy.
- Develop self regulation skills.

Key Questions

How are you feeling today?
Why are you feeling like that?
Why are rules important?
What can we do to keep healthy?
Why is he/she upset?
How can we make them feel better?
What do good friends do?
What could you have done instead?
What is stopping you from trying