PSHE overview including Relationships and Health Education

Nursery

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| **Autumn 1** | **Being Me in My World** |
| PSHE  and Relationships and Health Education content | Making friends  Caring and respectful friendships  Acts of kindness  Recognising a range of emotions  Talking about emotions  Naming feelings  Respecting others and their needs  Belonging |
| Lessons | 1. Who...Me?!: understanding how it feels to belong and that we are different and similar. 2. How am I feeling today? Expressing sadness and happiness. 3. Being at Nursery: working together and considering other people’s feelings. 4. Gentle Hands: being kind to others 5. Our Rights: starting to understand children’s rights and that we are all allowed to learn and play. 6. Our responsibilities: learning what it means to be responsible. |
| Vocabulary | Feelings, happy, sad, angry, surprised, gentle, hurt, kind, help, share, take turns, precious, responsible, responsibilities, similar, different. |