PSHE overview including Relationships and Health Education

Nursery

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| **Autumn 1**  | **Being Me in My World** |
| PSHEand Relationships and Health Education content | Making friendsCaring and respectful friendships Acts of kindness Recognising a range of emotionsTalking about emotions Naming feelings Respecting others and their needsBelonging  |
| 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.
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| Vocabulary | Feelings, happy, sad, angry, surprised, gentle, hurt, kind, help, share, take turns, precious, responsible, responsibilities, similar, different.  |