PSHE overview including Relationships and Health Education

Reception

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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? Recognising and managing our feelings. 3. Being at School: working with others to make school a good place to be. 4. Gentle Hands: being kind to others and using gentle hands 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 | Unique, feelings, happy, sad, angry, excited, upset, cross, surprised, gentle, hurt, kind, help, share, take turns, precious, responsible, responsibilities, rules, similar, different. |