PSHE overview including Relationships and Health Education

Reception

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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? 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.
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| Vocabulary | Unique, feelings, happy, sad, angry, excited, upset, cross, surprised, gentle, hurt, kind, help, share, take turns, precious, responsible, responsibilities, rules, similar, different.  |