






Topic: PSHE

Term: Autumn 1

Year: Unit 1















Duration: 6 weeks

The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	    Social and Emotional Skills
I will know ... <ul style="list-style-type: none"> I have a right to learn and play, safely and happily. that hands can be used kindly and unkindly. what makes me special. how happiness and sadness can be expressed. 	I will ... <ul style="list-style-type: none"> notice feelings of happiness and sadness in my body. know how to play, share and take turns. practice how to know what my friends are feeling.

What I already know:

You will have experienced how it feels to belong to a family and be at nursery. You will have personal likes and dislikes and have a sense that key people you know and what they do. You will have started to know what it means about having gentle hands with your new friends in school.

Our Key Vocabulary	Meaning
 feelings	We all have feelings. Our feelings help us understand our thoughts and actions at different times depending on what is happening to us. Our bodies show feelings in different ways.
    angry happy excited nervous	Angry is an expression of intense frustration or sense of injustice. Happy is your contentment or pleasure. Excited means you are very enthusiastic and eager to do something. Nervous means we are unsure about something.
   kind gentle friend	Being kind, gentle and a good friend means showing consideration to the thoughts and feelings of others. We are careful not to hurt others and say sorry if we do.
  sharing take turns	Sharing means we let others play with our toys or belongings. Taking turns means that we alternate when doing something: My Turn, Your Turn.
  similar different	Similar is when someone or something is almost exactly the same. Different is about features of someone or something that are not the same.
  rights responsibilities	We have a right for our things and ourselves to be safe. We are responsible for looking after each other, all creatures and our belongings.



Family Talk Time Learning:

How do we look after each other?

How are we the same and different from each other?

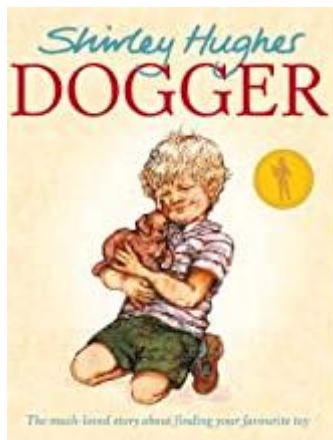
How do we show our feelings to each other?

How are we kind to each other?

What can we do to make ourselves feel happy when we are sad?

How are we feeling today?

Texts that Teach:



Personal reflections: Ask and tell yourself...

Can I name things that I am good at and like about myself?

How have I been kind to my friends and family today?

How do I feel when I am kind to others and when others are kind to me?

What makes me happy and sad? What does happiness and sadness feel like to me?

I have a right to learn and play safely and happily.



Mindfulness Activities to try:



Practice sitting still and quiet and notice the sounds you can hear.



good sitting