

PSHE



Curriculum End Points

Reception

Topic: Self Regulations – My emotions

- Explore and understand their feelings.
- Identify when they may be feeling something.
- Begin learning how to communicate and cope with their feelings and emotions.

Key Vocabulary:

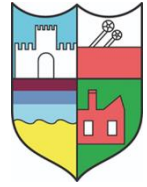
- Feelings – The way we feel inside, like happy or sad.
- Happy – A good feeling when we smile and enjoy something.
- Sad – A feeling when we are upset or want to cry.
- Angry – A strong feeling when something is unfair or upsetting.
- Calm – A peaceful feeling when we are relaxed.
- Share – Talking about our feelings with others.
- Listen – Paying attention when someone is talking.
- Help – Asking for support when we feel upset.

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Curriculum End Points

Reception

Topic: Building relationships – Special Relationships



- Explore why families and special people are valuable.
- Understand why it is important to share and develop strategies.
- See themselves as valuable individual and explore diversity through thinking about similarities and differences.

Key Vocabulary:

- Friend – Someone we like to play and spend time with.
- Kindness – Being nice and caring about others.
- Sharing – Letting others use things we have.
- Helping – Doing something nice for someone.
- Listening – Paying attention when someone talks.
- Family – The people who take care of us, like parents or siblings.
- Together – Doing things with others, like playing or talking.
- Love – A special feeling for people we care about.

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Curriculum End Points

Reception

Topic: Managing self – Taking on Challenges

- Understand why we have rules.
- Understand the importance of persistence and perseverance in the face of challenges and learn new skills that will help them show resilience and perseverance.
- Learn how to communicate effectively with others.
- Practice 'grounding' coping strategies.

Key Vocabulary:

- Try – Having a go at something new, even if it feels hard.
- Brave – Facing something that might be scary or tricky.
- Help – Asking for support when we need it.
- Practice – Doing something again and again to get better.
- Patience – Waiting calmly and not giving up.
- Mistake – Something that goes wrong but helps us learn.
- Proud – Feeling happy about what we have done.
- Independent – Doing things by ourselves and trying our best.

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Curriculum End Points

Reception

Topic: Self Regulations – Listening and following instructions

- Learn why it is important to be an honest, thoughtful and resilient.
- Become an active listener who can respond to instructions and how they can become one.

Key Vocabulary:

- Listen – Using our ears and eyes to pay attention.
- Instructions – Steps that tell us what to do.
- Focus – Paying attention and not getting distracted.
- Wait – Staying still and being patient before acting.
- Follow – Doing what we are asked to do.
- Turn-taking – Waiting for our turn to speak or play.
- Understand – Knowing what something means.
- Respect – Listening carefully and being kind to others.

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Curriculum End Points

Reception

Topic: Building Relationships – My Family and Friends

- Learn how we all have different beliefs and celebrations.
- Understand what characteristics make a good friend.
- Recognise how we need to listen to one another.

Key Vocabulary:

- Family – The people who take care of us, like parents, siblings, or carers.
- Friend – Someone we like to play and spend time with.
- Love – A warm feeling we have for special people in our lives.
- Care – Looking after and helping others.
- Share – Letting others use or have something of ours.
- Kindness – Being nice and thoughtful to others.
- Help – Giving support when someone needs it.
- Together – Spending time and doing things with people we like.

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Curriculum End Points

Reception

Topic: Managing self: My Wellbeing

- Learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.

Key Vocabulary

- Wellbeing – Feeling happy, healthy, and safe.
- Healthy – Eating good food, sleeping well, and moving our bodies.
- Exercise – Moving our bodies to stay strong and feel good.
- Rest – Taking breaks and getting enough sleep.
- Feelings – The way we feel inside, like happy, sad, or excited.
- Breathe – Taking deep breaths to help us feel calm.
- Safe – Being in a place where we are looked after and protected.
- Hygiene – Keeping clean by washing hands, brushing teeth, and bathing.