

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.

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Topic: Building relationships – Special Relationships



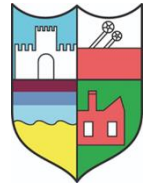
- Explore why families and special people are valuable.
- Understand why it is important to share and develop strategies.
- See themselves as valuable individual and explore diversity through thinking about similarities and differences.

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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.

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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.

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Topic: Building Relationships – My Family and Friends

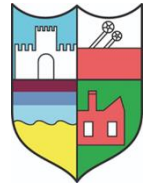
- Learn how we all have different beliefs and celebrations.
- Understand what characteristics make a good friend.
- Recognise how we need to listen to one another.

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Topic: Managing self: My Wellbeing



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