

## PSHE in EYFS

Content		Nursery	Reception
Relationships	<b>Families and friendship</b>	<ul style="list-style-type: none"> <li>• Be confident to talk about family e.g. who is in my family?</li> <li>• Show more confidence in new social situations.</li> <li>• Play with one or more other children, extending and elaborating play ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• Express their feelings and consider the feelings of others.</li> <li>• To understand how we can be kind to each other</li> <li>• To build positive relationships with peers</li> <li>• To identify the people who love and care for them and what they do to help them feel cared for.</li> </ul>
	<b>Safe relationships</b>	<ul style="list-style-type: none"> <li>• Become more outgoing with unfamiliar people, in the safe context of their setting.</li> <li>• To develop confidence about own self</li> </ul>	<ul style="list-style-type: none"> <li>• To know not to talk to strangers</li> <li>• To identify the people who love and care for them and what they do to help them feel cared for.</li> </ul>
	<b>Respecting ourselves and each other</b>	<ul style="list-style-type: none"> <li>• To begin to share with others</li> <li>• Begin to understand how others might be feeling.</li> <li>• Help to find solutions to conflicts and rivalries.</li> <li>• Begin to build constructive and respectful relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Has a positive self- image and is able to be assertive in different ways.</li> <li>• Talk with others to solve conflicts.</li> <li>• Begin to understand how others might be feeling.</li> <li>• Help to find solutions to conflicts and rivalries.</li> <li>• Build constructive and respectful relationships.</li> <li>• Think about the perspectives of others.</li> </ul>
Living in the world	<b>Belonging to a community</b>	<ul style="list-style-type: none"> <li>• Develop their sense of responsibility and membership of a community.</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Do not always need an adult to remind them of a rule.</li> <li>• Begin to understand how we need to look after living things- ourselves and plants</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what rules are and why they are needed.</li> <li>• Know how people and other living things have different needs; about the responsibilities of caring for them.</li> <li>• Can think of things they can do to help look after their environment e.g. recycling, saving energy</li> </ul>
	<b>Money and work</b>		

	<b>Media literacy and resilience</b>		
<b>Health and well being</b>	<b>Physical health and mental well being</b>	<ul style="list-style-type: none"> <li>• Introduce Healthy heroes and learn about healthy eating and exercising</li> <li>• Introduce healthy and unhealthy food- fruit and vegetables</li> <li>• Growing own vegetables in the early years garden</li> <li>• Knows the importance of hand washing</li> </ul>	<ul style="list-style-type: none"> <li>• Knows what keeping healthy means;</li> <li>• Knows of different ways to keep healthy</li> <li>• Understands which food support good health</li> <li>• Understands the risks of eating too much sugar.</li> <li>• Understands how physical activity helps us to stay healthy; and ways to be physically active every day.</li> <li>• Knows how simple hygiene routines that can stop germs from spreading.</li> </ul>
	<b>Growing and changing</b>	<ul style="list-style-type: none"> <li>• Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</li> <li>• Identify and moderate their own feelings socially and emotionally.</li> </ul>	<ul style="list-style-type: none"> <li>• How to recognise and name different feelings- happy, sad, worried, angry, frustrated, surprised, scared</li> <li>• Knows how feelings can affect people's bodies and how they behave.</li> <li>• Knows how to recognise what others might be feeling.</li> </ul>
	<b>Keeping safe</b>	<ul style="list-style-type: none"> <li>• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.</li> </ul>	<ul style="list-style-type: none"> <li>• Manage their own needs</li> <li>• Knows the importance of telling a trusted adult if they come across something that scares them.</li> </ul>