

EYFS PSHE Curriculum

End Point <ul style="list-style-type: none"> I know that everyone faces difficult things 	
Term 1: Resilience	Vocabulary
1: Resilience <p>I will know that we all feel sad</p> <ul style="list-style-type: none"> What it looks like when we feel sad <ul style="list-style-type: none"> Take deep breaths Tell an adult 	<i>Being human: happy</i> mistakes, unkindness, resilient
2: Emotions <p>I will know that we feel different feelings</p> <ul style="list-style-type: none"> We can feel different feelings at different times eg: <ul style="list-style-type: none"> happy - to see our friends sad - to fall over and hurt our knee angry / shocked / worried / excited 	<i>Being human: happy</i> emotions, sad, happy, excited, angry, worried, favourite
3: Triggers and Tornado Zone <p>I will know that everyone feels anger</p> <ul style="list-style-type: none"> Everybody feels angry When we are angry, we have a physical reaction (<i>e.g. face feels hot, heart beats quickly, wanting to squeeze something really hard</i>) It is important to stop, breathe and give yourself time to think before you act 	<i>Being human: angry</i> Tornado Zone, Pressure Zone, Chill Zone, angry, deep breath
4: The Arena <p>I will know how to join in.</p> <ul style="list-style-type: none"> Some people are scared of putting their hand up in class They feel anxious and uncertain We can feel anxious because we are worried about what others will say Pressing pause can help us to build the courage to join in Joining in can make us feel excited and alive 	<i>Being human: angry</i> Tornado Zone, angry, shaking, triggers, deep breath, walk away
5: Road to Success <p>I will know how to try something new</p> <ul style="list-style-type: none"> It is important to try lots of things even if you are a little scared at first If you are unsure what to do and worried other children will laugh at you, a friend could help you at first 	<i>Being human: brave</i> fail, bounce back, shame, practice
6: Facing Mistakes	<i>Being human: brave</i>

I will know that we can learn from mistakes <ul style="list-style-type: none"> It can be hard when we make mistakes Mistakes are stepping stones to success Everyone makes mistakes and that is ok as long as we try to learn from them 	mistake, apologise, shame, regret
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End Point <ul style="list-style-type: none"> I know the importance of caring families I know what to do when I see bullying 	
Term 2: Relationships	Vocabulary
1. Families and People Who Care I will know what caring families do <ul style="list-style-type: none"> Caring families make life fun and make you feel safe Caring families go to museums and Space Land They also spend time with each other eating doughnuts 	<i>Being human: content</i> caring, dinosaur, rocket
2. Online Relationships I will know how to spot safe strangers <ul style="list-style-type: none"> When you go to a busy place it is important to stay focused and close to your trusted adult Police officers, paramedics, ticket inspectors are examples of safe strangers 	<i>Being human: content</i> London, underground, paramedic, ticket inspector,
3. Bullying behaviour I will know what to do when I see bullying behaviour <ul style="list-style-type: none"> Bullying is when someone is unkind to you every day You should tell a trusted adult about bullying Trusted adults will then deal with the unkindness 	<i>Being human: nervous</i> bullying, unkind, snatched
4. Collaboration I will know that you can do more as a team <ul style="list-style-type: none"> Working together can help you get lots done Being part of a team helps you to learn more 	<i>Being human: nervous</i> take-off, sharing, rocket, countdown, together
5. Stereotyping I will know that everyone should be treated the same <ul style="list-style-type: none"> People should not be judged on how they look Being yourself helps to make you happy 	<i>Being human: scared</i> stereotyping, judgement, twins, choir
6. Violence I will know the dangers of violence <ul style="list-style-type: none"> A trusted adult should be told if someone bumps their head Examples of violence are pushing, kicking, spitting, biting and pinching People can be violent when they fall into the Tornado Zone If you fall in the Tornado Zone you should press pause, take a breath and walk away 	<i>Being human: scared</i> violent, Tornado Zone, pause, trusted adult

<u>End Point</u> <ul style="list-style-type: none"> I know what to do when I feel sad 	
Term 3: Mental Wellbeing	Vocabulary
<u>1. Expressing Yourself</u> I will know what to do when I feel sad <ul style="list-style-type: none"> Everybody has moments when they feel sad When you feel sad it is important to talk to someone you trust Your worry bubble gets smaller if you express yourself 	<i>Being human: shy</i> sad, nervous, express, challenges, emotions bubble,
<u>2. Thought gremlins (worrying thoughts)</u> I will know that everyone gets thought gremlins <ul style="list-style-type: none"> What a thought gremlin is Know some examples of thought gremlins Recognise thoughts that are helpful 	<i>Being human: shy</i> thoughts, gremlins, scary, angelic, calmer
<u>3. Values</u> I will know the importance of values <ul style="list-style-type: none"> What a value is A range of values Identify important values 	<i>Being human: regret</i> surprise, fountain, respect, resilience, kindness, courage, successful,
<u>4. Gratitude</u> I will know how to be thankful for the important people in my life <ul style="list-style-type: none"> What does it mean to be thankful Identifying those that we are thankful for 	<i>Being human: regret</i> astronaut, helmet, thankful.
<u>5. Challenges</u> I will know that challenges help you to grow <ul style="list-style-type: none"> What a challenge is Examples of challenges What challenges we all face Are challenges good or bad 	<i>Being human: energised</i> mistakes, changes, challenges, ups and downs
<u>6. Circle of Kindness</u> I will know that kindness can help us all feel safe and happy <ul style="list-style-type: none"> A kind act is helping someone when they fall over A kind act is helping someone find something A kind act is supporting someone when they make a mistake Kindness is like a warm magic cloak – it helps everyone feel safe and happy 	<i>Being human: energised</i> habit, healthy, confused

End Point <ul style="list-style-type: none"> I know the importance of looking after my body I know how to be careful online 	
Term 4: Health	Vocabulary
1: Sleep I will know the importance of sleep <ul style="list-style-type: none"> Doing lots of things can make you feel tired When you are tired you do not have much energy Being tired can give you a headache and make you want to sleep 	<i>Being human: sad</i> sleep, behaviour, affects,
2. Healthy Eating I will know that too much sugar is bad for me <ul style="list-style-type: none"> Drinking water is very good for your body If you have too much fizzy drink then it can affect your teeth 	<i>Being human: sad</i> dentist, honest, sugar, shocked
3. Exercise I will know the importance of moving my body <ul style="list-style-type: none"> If you do not move your body then you can get a pain in your back Your brain can also feel sleepy It can also be hard to sleep if you do not get any exercise 	<i>Being human: invisible</i> exercise, blanket, skipping, sleepy
4: Harmful Habits I will know the danger of putting something in my mouth <ul style="list-style-type: none"> Putting something in your mouth is dangerous because you can swallow something You can also damage your teeth It is important to tell a trusted adult if a younger sibling is putting something in their mouth 	<i>Being human: invisible</i> dangerous, sand, trusted adult
5: Internet Safety I will know how to be careful online <ul style="list-style-type: none"> There are lots of videos and images on the internet Some of the videos or images could be inappropriate Watching inappropriate videos could impact wellbeing (nightmares, anxiety etc) 	<i>Being human: confused</i> internet, independent, careful, online, videos, images
6: Keeping Safe I will know how to stay safe in a busy place <ul style="list-style-type: none"> A city is much busier than a town Seatbelts need to be worn in a car at all times You need to hold a trusted adult's hand and stop, look and listen when crossing a road Staying focused on safety is also important in a busy area 	<i>Being human: confused</i> city, Manchester, busy, dangerous, seatbelt, crossing, focused

End Point <ul style="list-style-type: none"> I know the importance of caring friends I know not to do something just because someone tells me to do it and when to tell an adult 	
Term 5: Friendships	Vocabulary
1. Friendships I will know what caring friends do <ul style="list-style-type: none"> There are lots of people in the world who all have different behaviour and values Some are funny, some are honest, some are caring The important thing is to spend time with people who make you feel safe and happy 	<i>Being human: jealous</i> friendship, sharing, empathy, caring, positive, support
2. Empathy I will know how to help when someone finds something hard <ul style="list-style-type: none"> We all find different things hard Some people find singing hard. Some people find maths hard. Some people find heights hard It is important to realise that we all find things hard and that it is important to help people when they are struggling 	<i>Being human: jealous</i> empathy, jealous, shocked, emotion, frustrated, angry
3. Reporting I will know to tell an adult when something serious happens <ul style="list-style-type: none"> It is hard to tell a teacher that a friend has done something wrong It is even harder to tell a teacher when you have done something wrong However, if something serious has happened (e.g. someone has bumped their head) it is really important that you tell a teacher 	<i>Being human: disappointed</i> reporting, tell, situation, depends, chasers
4. Honesty I will know that friends tell the truth to each other <ul style="list-style-type: none"> There are many ways that people can be dishonest People lie to get out of trouble. They can also lie to impress others If you lie then people will lose trust in what you say 	<i>Being human: disappointed</i> lying, lies, believe, trust
5. Peer Pressure I will know not to do something just because someone tells me to do it <ul style="list-style-type: none"> There are times when some children ask other children to do things that they would not usually do - peer pressure This is very hard to deal with if there is more than one child saying to do it It is important to make a decision that you think is right 	<i>Being human: surprised</i> peer pressure, dare, choir, impact, volunteer, harmful, scenes
6. Conflict I will know to share what is important to me <ul style="list-style-type: none"> If we do not inform someone about what is important to us then we can get frustrated We can then get so frustrated that we act in the Tornado Zone To avoid this frustration, we must calmly say what is important to us This does not mean that we will always get our way but at least it will make us feel that we have communicated our needs 	<i>Being human: surprised</i> conflict, cause, response, disagreement, conversations, Tornado Zone

End Point

- I know that it is possible to get better at anything so long as you listen, learn from your mistakes and practise
- I know that change can be tricky

Term 6: Wider World	Vocabulary
1. Tolerance I will know that you can learn things from different people <ul style="list-style-type: none"> • We can be different in lots of ways - hair colour, height, religion, gender etc. • Some people are scared of things that are different and just spend time with people who are similar to them • Speaking to people who are different is often a great opportunity to learn something new • We did not have to be exactly the same to be friends 	<i>Being human: friendly</i> compassion, different, differences, same, male, female, weight, language, hair colour, height, religion, gender
2. Care for Community I will know how to care for my community <ul style="list-style-type: none"> • Some children can find tidying up boring • Some children (including Percy) try to avoid tidying up • It is important that everyone helps to tidy up because when you are part of a community you should work together • If people avoid tidying up it can lead to a messy community, which is not fun to be in 	<i>Being human: friendly</i> compassion, community, resources, kindness, responsibility, jackets, tidy
3. Work I will know how to get better at something <ul style="list-style-type: none"> • It does not matter if you are a boy or a girl to do well at something • It is important to find something that you really enjoy doing • To get better at something you need to listen carefully, learn from your mistakes and practice every day • If you do these three things then you will improve 	<i>Being human: excited</i> excited, try hard, learn, mistake, practice, performance, audience, supporters
4. Money I will know that you should not bring money into school. <ul style="list-style-type: none"> • Money is something that you receive from the tooth fairy. • Bringing money into school is not the right decision. • Money can get lost or someone can take it. 	<i>Being human: excited</i> excited, money, coins, spend, notes, save, accuse, diamond
5. Winning and Losing I will know how to deal with losing well. <ul style="list-style-type: none"> • When we win we feel happy because everyone is saying well done. • When we lose we feel sad, angry or jealous. • The feelings can sometimes make us fall in the Tornado Zone. • Taking a deep breath and saying well done to the winners is the best way to deal with losing. 	<i>Being human: embarrassed</i> sports day, suncream, plunging winning, emotions, total losing, dice
6. Change I will know that change can be tricky. <ul style="list-style-type: none"> • Change happens a lot. • Change happens to everyone. • Change can be painful but it can often be what helps you grow the most. 	<i>Being human: embarrassed</i> change, thoughts, uncomfortable, tricky, nervous