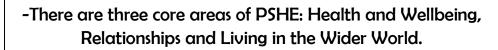
PSHE in EYFS



Overview

Personal, Social and Health Education

-In PSHE, we learn about how to live happy, healthy and confident lives.





-PSHE is also taught in many other subjects, for example in learning about religions, (RE) E-safety (Computing) or being healthy (PE).

In EYFS, PSHE learning takes place in the 'Personal, Social and Emotional Development', Physical Development and 'Understanding the World' learning areas.

Personal, Social and Emotional Development



Sub-Areas: Self Regulation, **Managing Self**

Celebrating Difference -We all have things in common and things that make

us unique (different to everyone else). This is good - it is what makes you, you! Our opinion is what we think about something, and differ to others' opinions. -We all have different likes & dislikes, e.g. we may

have different hobbies.

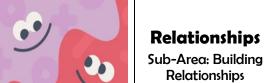


Sub-Areas: Self Regulation, Managing Self

Managing our own feelings and behaviour -Emotions are our inner feelings. There are lots of words to describe our emotions (see picture).

-It is important that we understand our emotions, and the emotions of other people.

-Our behaviour is the way that we act. Good behaviour means following rules, and treating people and things with kindness and respect.



-Relationships are connections between people. Some ways that you can build good relationships:

1. Take turns 2. Listen to other people's ideas 3. Try to help others when they need it 4. Understand that people sometimes feel differently to you. 5. Being kind

Physical Development

Healthy Living Sub-Area: Managing Self

-It is important to stay healthy so that we feel good, and we can live long and happy lives.

-One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)

-Another way to stay fit and healthy is to exercise, e.g. running, playing sports, cycling or swimming.

-It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below).

Safety Sub-Area: Managing self

-Safety is about protecting ourselves from danger or harm. -It is important that we always think about the risks of the things that we do. We should take action to make the risks smaller, if we can. We should avoid things if they are too risky.

Kev Vocabulary

Family

Friends

Community

Tradition

Healthy

Emotions

Safety

Behaviour

Relationships

Understanding the World – People, Culture and Communities



Family and Friends

Sub-Area: People, Culture and Communities

-Family are people who are related to one another.

-Friends are people who like spending time together. Family members include:

Mother/Mum Father/Dad Parent Sister Brother Grandmother/Nana Grandfather/Papa Auntie Stepmother/father/sister/brother Uncle Cousin



Communities and Traditions

Sub-Area: People, Culture and Communities

- -A community is a group of people who live in a particular place or have something in common.
- -E.g. all of the teachers, parents and children at your school make up your school community.
- -People of the same religion are a religious community.
- -A tradition is something that people in a group or community do, that has been passed down over time.
- -E.g. eating certain foods, wearing certain clothes.
- -Your traditions may be a part of your religion.

Being Hygienic

1.Brush your teeth properly 2. Take regular baths or showers. Wash your hair with shampoo and your skin with soap or shower gel.

3. Wash your hands with soap after going to the toilet and before touching food

4.Be clean after using the toilet.

5.Cover your mouth when 6.Take good care of you cough or sneeze

your clothes