

EYFS PSHE Curriculum

End Point I know that everyone faces difficult things	
Term 1: Resilience	Vocabulary
1: Resilience I will know that we all feel sad - What it looks like when we feel sad - Take deep breaths - Tell an adult	<i>Being human: happy</i> mistakes, unkindness, resilient
2: Emotions I will know that we feel different feelings - We can feel different feelings at different times eg: - 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 I will know that everyone feels anger - 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 I will know how to join in. - 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 I will know how to try something new - 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

- 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

End Point

- 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**

- 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

Being human: content

caring, dinosaur, rocket

2. Online Relationships**I will know how to spot safe strangers**

- When you got 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

Being human: content

London, underground, paramedic, ticket inspector,

3. Bullying behaviour**I will know what to do when I see bullying behaviour**

- 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

Being human: nervous

bullying, unkind, snatched

4. Collaboration**I will know that you can do more as a team**

- Working together can help you get lots done
- Being part of a team helps you to learn more

Being human: nervous

take-off, sharing, rocket, countdown, together

5. Stereotyping**I will know that everyone should be treated the same**

- People should not be judged on how they look
- Being yourself helps to make you happy

Being human: scared

stereotyping, judgement, twins, choir

6. Violence**I will know the dangers of violence**

- 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

Being human: scared

violent, Tornado Zone, pause, trusted adult

End Point I know what to do when I feel sad	
Term 3: Mental Wellbeing	Vocabulary
1. Expressing Yourself I will know what to do when I feel sad - 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,
2. Thought gremlins (worrying thoughts) I will know that everyone gets thought gremlins - 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
3. Values I will know the importance of values - What a value is - A range of values - Identify important values	<i>Being human: regret</i> surprise, fountain, respect, resilience, kindness, courage, successful,
4. Gratitude I will know how to be thankful for the important people in my life - What does it mean to be thankful - Identifying those that we are thankful for	<i>Being human: regret</i> astronaut, helmet, thankful.
5. Challenges I will know that challenges help you to grow - 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
6. Circle of Kindness I will know that kindness can help us all feel safe and happy - 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 ● 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 ● 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 ● 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 ● 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 ● 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 ● 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 ● 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 ● 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 ● 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 ● 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 ● It is hard to tell a teacher that a friend has done something wrong	<i>Being human: disappointed</i> reporting, tell, situation, depends, chasers
● 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	
4. Honesty I will know that friends tell the truth to each other ● 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 ● 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 ● 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 ● 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 ● 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 ● 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. ● 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. ● 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. ● 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