

Laying the Foundations for PHSE



EYFS

Children recognise themselves as a person, understanding what makes them unique

To look at our homes and families and recognise that we are all different

I know what makes me and others unique and can talk about similarities and differences positively.

I know that a balanced diet, physical exercise and good relationships will keep me healthy

To understand and follow rules recognising how to care for others in Nursery

To develop perseverance, a positive attitude and know how to work well with others.

I can take steps to resolve conflicts with others and recognise how to be a good friend.

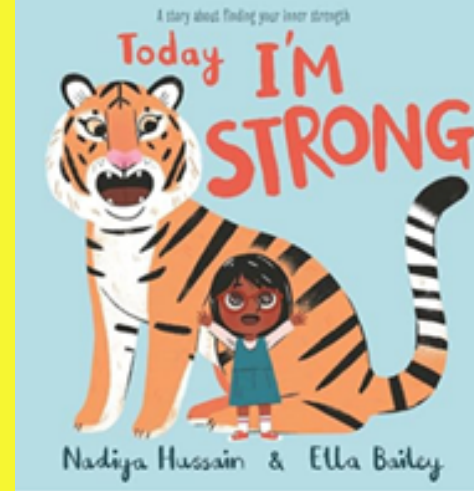
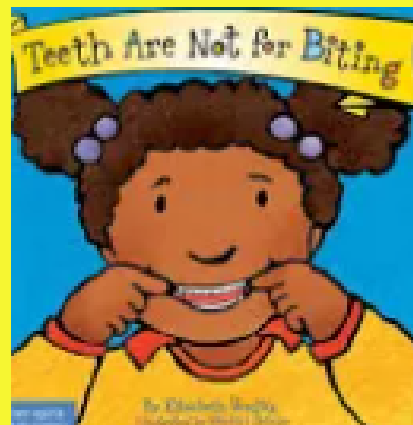
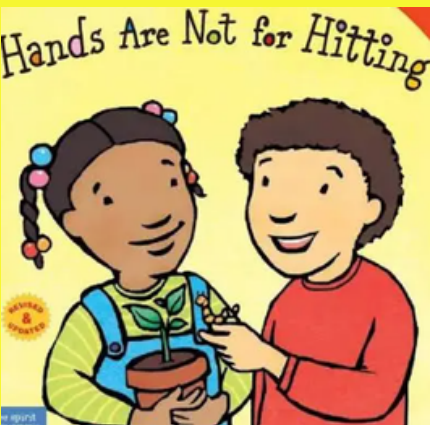
I understand that changes happen and can discuss any worries or concerns that I have.

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Enabling Environments

- Rules displayed in class.
- Photographs of children with their families.



Role of the Adult

Building relationships by joining in with children's play and valuing their chosen activity.

Teaching children how to respect and care for the environment so they can do this independently.

Offering resources to children to encourage them to join in with play.

Modelling good listening to children.

Point out and celebrate differences with others.

Talk about what makes us unique and special.

Being supportive when Sharing in children's successes and supporting them to feel good about themselves.

Talking to children about when their actions may hurt or harm others and helping them to recognise this.
Model talking about and labelling own feelings (e.g. I'm feeling a bit angry and I need to calm down, so I will...)

supports and models when what to do when things sometimes go wrong in friendships (resolving conflicts).

Talk about when things are fair or unfair, encouraging children to share their ideas and how we can make things fair.

Support children in their independence by allowing them to pour drinks themselves, peel own fruit or wash own snack dishes.

Talking about physical activity and how this keeps us healthy and pointing out changes in our bodies when we exercise.

Supporting in self-care by helping to a point and then allowing child to finish, rather than 'doing it for them'.

Teaching about the importance of hand hygiene and modelling good handwashing techniques.

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EYFS

Eyes

Rules

Persevere

Hair

Sad

Fruit

Frustrated

Skin

Angry

Private

Transition

Home

Happy

Vegetables

Nutritious

Kind

Listen

Calm