



PSHE Matters Links Within Reception

Area of Learning	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Awe and Wonder - Topic Questions	What makes me special? What's happening to the leaves on the trees?	What are those lights in the sky?	What happened Once Upon a Time?	I wonder what's changed?	What is it like to live here?	Where in the world is Paddington Bear?
Links to PSHE Matters	Drug Education - Dr role play Exploring Emotions - <i>The Colour Monster</i> Being Healthy - Learning about good oral health Being Me - Relationships - families, peers Growing Up - how have I changed since being a baby Difference and Diversity - people and families, cultural dress up Changes - Autumn	Changes - Autumn Being safe - firework safety Being Responsible - How to look after pets on Bonfire Night. Difference and Diversity - Christmas, Diwali Money Matters - Toy shop role play Being Healthy - Importance of healthy sleep habits. Introduction to mindfulness. Changes - presents from the past. Bullying Matters - Introduction of kindness bucket.	Changes - Winter, freezing and melting, exploring the local environment. Difference and Diversity- Chinese New Year. Being Healthy - Importance of staying physically active. Drug Education - Goldilocks and The Three Bears - discussion about eating things from strangers, Being Safe - safety around the home - teaching Little Red Riding Hood. Being Me - You choose - Fairy Tales	Changes - Spring, observation of butterfly life cycles. How things have changed through time - homes, clothes etc Exploring Emotions/Bullying Matters/Being Me - Activities based around Ravi's Roar, The Tell Me Tree Being Safe/Healthy - screen time and internet safety. Learning about the emergency services. Growing Up - How do humans change/grow?	Changes -Observing change as seeds grow Being Me - Outdoor stage - singing, acting, dancing. Where I live in the world. Growing Up - Planting and growing seeds - what do they need to grow? Being Responsible - Looking after our environment - recycling Being Safe - road safety	Being Healthy - Importance of healthy eating, making a fruit salad Consolidation of healthy bodies and minds. Changes - Summer, preparation for transition into Y1. Bullying Matters - Set up races/obstacle courses outside - encourage team work and use of encouraging words. Difference and Diversity - Talking about different ways of life around the world as Paddington visits different countries. Relationships - Time spent building relationships teaching and learning traditional playground games/board games.

Ongoing coverage of themes	Drug Education - <i>Ongoing - water kitchen outside for making potions, mud kitchen</i> Being Responsible - <i>Ongoing through rules and routines - tidying up, looking after our own belongings, taking ownership over our own behaviour.</i> Growing Up - <i>Noticing ongoing change such as learning new things, losing teeth, measuring how tall we are, supporting and encouraging independence, home-corner (baby items etc),</i> Changes - <i>Outdoor learning - noticing changes in seasons, weather, creating nature pictures, taking photographs.</i> Exploring Emotions - <i>Colour monster class display, calm corner,</i> Being Me - <i>Voting stations for daily stories, birthdays, celebrating achievements, construction area, small world area, daily circle games, performing songs and poetry, self-selection within the continuous provision to allow for self-expression, proud cloud, wow wall, Charanga,</i> Being Healthy - <i>PE, wake and shake, dough disco, yoga, Zen Den, home corner, daily mindfulness sessions, washing hands and supporting/teaching self-care such as wiping noses.</i> Bullying Matters - <i>Kindness bucket, stories - to raise awareness and for restorative work if needed, Colour Monster class display, sand timers to encourage fair turn taking, teach and guide children to solve problems calmly without aggression,</i> Difference and Diversity - <i>Range of texts to ensure diversity in area, range of small world characters</i> Being Safe - <i>Wearing helmets on bikes and discussing why, discussions within the home corner eg - dangers of cooker, iron etc, establishing rules such as walking indoors, small world area</i> Relationships - <i>continuous provision encourages collaborative working, turn taking, sharing, daily circle time games, kindness bucket,</i> Money Matters - <i>Maths area, home corner, money in continuous provision, writing shopping lists, kindness bucket - learning that there are ways to be kind that doesn't involve buying things, joining in with charity events such as Red Nose Day.</i>
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