

EYFS Personal Social and Emotional Development					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
- Behaving appropriately in our new school and school/classroom rules - Expressing and talking about our feelings and opinions and considering how others might feel - Working on strategies to stay calm - Learning about school routines and expectations such as tidy up time, taking turns, waiting patiently. - Model good hygiene e.g.	Friendship Week (Anti-Bullying Week) – Whole school focus e.g. One Kind Word - Looking back to September – How did I feel? Discussing ways to deal with feelings and problems. - Sharing our interests and talking about what we enjoy - Reading stories and discussing how to deal with different challenges and feelings.	- New Year's Resolutions – set ourselves some new goals and try to reach them. - Healthy eating, drinking and exercise and the importance of sleep - Learning how to relax - Relax kids/yoga - NSPCC Pants Rule - Good personal hygiene (as part of a bedtime routine)	<u>Staying Safe:</u> - How should we travel safely around our community e.g. safe pavement walking, road crossing, holding hands with an adult - Staying safe and being considerate on our outdoor wheeled toys – stopping quickly - Road Safety - Stranger Danger/Getting Lost	<u>Healthy Lifestyles:</u> - Healthy food choices - Healthy choices about screen time - Reading stories and other activities about healthy lifestyles and exercise (e.g. gym role play area, physical challenges in provision)	<u>Changes:</u> - Money – saving and spending, wanting and needing - Preparing for year 1 – meeting my new teacher - Reaching my goals and reflecting - How life can change – including moving on, bereavement, new siblings, moving house

handwashing before snack and toileting and oral hygiene (visit from a dentist) -Talking about my likes, dislikes -Talking about our Families and culture. - Talk and Listening guidelines - how should we listen to each other – playing barrier games - Modelling and practicing good sharing and cooperation with friends					
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