PSED

We follow Jigsaw PSED curriculum.

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|  | Autumn Term Jigsaw – Being me in my world.Celebrating Differences. | Spring Term Dreams and GoalsHealthy Me | Summer TermRelationshipsChanging Me |
| NurseryUnderstanding emotions | Children will learn understand and label the feeling happy.Children will learn who to turn to if they are having difficulty self regulating. | Children will learn understand and label the feeling sad.Children will learn how to use a feelings board. | Children will learn understand and label the feeling angry/cross.Children will learn that some actions can hurt or harm others. | Children will learn understand and label the feeling scared. | Children will learn understand and label the feeling excited. | To be aware of other feelings and begin to feel empathy. |
| Sense of self | Children will learn the class rules. Children will chooseactivities andresources with help when neededChildren will know to wash and dry their. Hands before eatingand after using thetoilet. | Children will knowhow to look afterresources using the tidy music | Children will developtheir sense ofresponsibility to caringfor the community andtiding up afterThemselves.Children will knowHow to independentlyuse the toilet. | Children will know toexercise to beHealthy.Children learn to express their likes and dislikes. | Children will knowhow to calmthemselves bystopping and takingdeep breaths.Children will knowexamples of healthyfood.  | Children will know todrink water to behealthy. |
| Making Relationships | Children will knowhow to play alongsideeach other.Children will learn that Nursery is a safe place and build an attachment with their key worker. | Children will learn how to shareResources.Children will learn to separate from their parent. Carer and that they always come back. | Children will play in aGroup. | Children will taketurns whilst playingand waiting patientlyto have a go. | Children will knowhow to play partnergames. | Children will knowhow to listen to afriend and agree aCompromise.Children will considerthe feelings of othersin stories such asTitch |
|  | Autumn Term  | Spring Term | Summer Term |
| ReceptionSense of Self | Children will seethemselves as unique by sharing their interests, culture and religion.To focus during short whole class activities.To talk about howthey are feeling –using happy, sad,upset, angry, scared | Children will knowhow to be helpful by taking on jobs such as serving snack and washing up.To begin to consider the feelings of others.CHildren will learn how to ask teachers for help with their learning. | Children will know howto make the rightchoice and theconsequences of notdoing so.Children will learn the feeling Proud and being proud of their learning will be celebrated. | Children will know the effects of theirbehaviour on others.Children will select resources and use the class in a way that supports their learning. | Children will know touse the calm cornerwhen they are feelingUpset/angry.Children will learn to identify and talk about what they can do well and what they are getting better at. | Children will knowhow to overcomechallenges, usingbooks such as‘The MostMagnificent Thing’ |

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| Understanding Emotions | Children will learn to verbally express when they are feeling happy. | Children will learn to verbally express when they are feeling sad. | Children will learn to verbally express when they are feeling cross/angry.Children will identify that they have a problem and seek support from a teacher. | Children will learn to verbally express when they are feeling scared.Children will learn how to repair relationships when there has been upset. | Children will learn to verbally express when they are feeling excited. | Children will learn to manage their own conflict. |
| Making Relationships | Children will knowhow to identify theirFeelings. | To play with childrenwho are playing withthe same activity and take turns with others.To begin to developfriendships | Children will know how to treat others in our class using our calm school code.Children will know how to listen to others with Respect. | Children will be ableto describe whatmakes a good friendincluding attributessuch as listening andsharing.  | Children will knowhow to express theiropinion andunderstand it is okayto have a differentopinion to theirfriends. | Children will knowhow to resolve aproblem by talking itthrough with a friend or adult. |