PSED

We follow Jigsaw PSED curriculum.

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|  | Autumn Term Jigsaw –  Being me in my world.  Celebrating Differences. | | Spring Term  Dreams and Goals  Healthy Me | | Summer Term  Relationships  Changing Me | |
| Nursery  Understanding 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 choose  activities and  resources with help when needed  Children will know to wash and dry their. Hands before eating  and after using the  toilet. | Children will know  how to look after  resources using the tidy music | Children will develop  their sense of  responsibility to caring  for the community and  tiding up after  Themselves.  Children will know  How to independently  use the toilet. | Children will know to  exercise to be  Healthy.  Children learn to express their likes and dislikes. | Children will know  how to calm  themselves by  stopping and taking  deep breaths.  Children will know  examples of healthy  food. | Children will know to  drink water to be  healthy. |
| Making Relationships | Children will know  how to play alongside  each other.  Children will learn that Nursery is a safe place and build an attachment with their key worker. | Children will learn how to share  Resources.  Children will learn to separate from their parent. Carer and that they always come back. | Children will play in a  Group. | Children will take  turns whilst playing  and waiting patiently  to have a go. | Children will know  how to play partner  games. | Children will know  how to listen to a  friend and agree a  Compromise.  Children will consider  the feelings of others  in stories such as  Titch |
|  | Autumn Term | | Spring Term | | Summer Term | |
| Reception  Sense of Self | Children will see  themselves as unique by sharing their interests, culture and religion.  To focus during short whole class activities.  To talk about how  they are feeling –  using happy, sad,  upset, angry, scared | Children will know  how 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 how  to make the right  choice and the  consequences of not  doing so.  Children will learn the feeling Proud and being proud of their learning will be celebrated. | Children will know the effects of their  behaviour on others.  Children will select resources and use the class in a way that supports their learning. | Children will know to  use the calm corner  when they are feeling  Upset/angry.  Children will learn to identify and talk about what they can do well and what they are getting better at. | Children will know  how to overcome  challenges, using  books such as  ‘The Most  Magnificent 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 know  how to identify their  Feelings. | To play with children  who are playing with  the same activity and take turns with others.  To begin to develop  friendships | 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 able  to describe what  makes a good friend  including attributes  such as listening and  sharing. | Children will know  how to express their  opinion and  understand it is okay  to have a different  opinion to their  friends. | Children will know  how to resolve a  problem by talking it  through with a friend or adult. |