



Nursery - PSHRE



	0-12months	Typically 1 to 2 years.	Typically 2-3 years
Pre-Nursery	<ul style="list-style-type: none"> Find ways to calm themselves, through being calmed and comforted by their key person. Look back as they crawl or walk away from their key person. Look for clues about how to respond to something interesting. Establish their sense of self. 	<ul style="list-style-type: none"> Thrive as they develop self-assurance. Express preferences and decisions. They also try new things and start establishing their autonomy. Engage with others through gestures, gaze and talk. Use that engagement to achieve a goal. For example, gesture towards their cup to say they want a drink. Find ways of managing transitions, for example from their parent to their key person. Play with increasing confidence on their own and with other children, because they know their key person is nearby and available. Develop friendships with other children. Feel strong enough to express a range of emotions. 	<ul style="list-style-type: none"> Feel confident when taken out around the local neighbourhood, and enjoy exploring new places with their key person. Grow in independence, rejecting help ("me do it"). Sometimes this leads to feelings of frustration and tantrums. Begin to show 'effortful control'. For example, waiting for a turn and resisting the strong impulse to grab what they want or push their way to the front. Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, and so on. Safely explore emotions beyond their normal range through play and stories. Be increasingly able to talk about and manage their emotions. Are talking about their feelings in more elaborated ways: "I'm sad because..." or "I love it when ...".
	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
Nursery	<ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Start to eat independently and learning how to use a knife and fork. Understand that some places are special to members of their community. 	<ul style="list-style-type: none"> Develop their sense of responsibility and membership of a community. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Increasingly follow rules, understanding why they are important. Play with one or more other children, extending and elaborating play ideas. Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. Show interest in different occupations. 	<ul style="list-style-type: none"> Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Increasingly follow rules, understanding why they are important. Play with one or more other children, extending and elaborating play ideas. Begin to understand how others might be feeling. Talk with others to solve conflicts. Do not always need an adult to remind them of a rule. Develop appropriate ways of being assertive. Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. Make healthy choices about food, drink, activity and tooth brushing. Begin to understand the need to respect and care for the natural environment and all living things. Begin to make sense of their own life-story and family's history. Continue to develop positive attitudes about the differences between people.



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Nursery Topic Coverage



Vocabulary – Subject Specific

Engage with, Talk about, Explore, Listen to, Find out about

Vocabulary - Topic Specific

Responsibilities Myself Talents Families Home Friends Challenges Jobs Help Exercise Healthy food Sleep Clean Bodies Fun Fears Growth Family life Friendship Falling out	Responsibilities Myself Talents Families Home Friends Challenges Jobs Help Exercise Healthy food Sleep Clean Bodies Fun Fears Growth Family life Friendship Falling out	Responsibilities Myself Talents Families Home Friends Challenges Jobs Help Exercise Healthy food Sleep Clean Bodies Fun Fears Growth Family life Friendship Falling out	Responsibilities Myself Talents Families Home Friends Challenges Jobs Help Exercise Healthy food Sleep Clean Bodies Fun Fears Growth Family life Friendship Falling out	Responsibilities Myself Talents Families Home Friends Challenges Jobs Help Exercise Healthy food Sleep Clean Bodies Fun Fears Growth Family life Friendship Falling out	Responsibilities Myself Talents Families Home Friends Challenges Jobs Help Exercise Healthy food Sleep Clean Bodies Fun Fears Growth Family life Friendship Falling out
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I will learn...

- How to say when I am hungry and I need to rest.
- How to use the toilet independently and help with my clothes when getting dressed.
- How to communicate with other children confidently and be confident in new situations.
- That I can ask for help when it is needed.
- That some actions and words can hurt the feelings of others and know how I am feeling.
- How to share the resources and toys with my friends.
- How to talk about times and events that are special to me and my family.
- How to talk about special experiences.
- How to welcome and value praise for the things that I do.
- How to play in a group, extending my play ideas and build up a role play with my friends.
- That technological toys can be used in different ways and that things like cameras and mobile phones are still technology that I can use for different things.

- That activity and exercise has an effect on my body.
- How to help with my clothes when getting dressed.
- How to communicate with other children confidently and be confident in new situations.
- That I can ask for help when it is needed.
- That some actions and words can hurt the feelings of others and know how I am feeling.
- How to share the resources and toys with my friends.
- How to talk about times and events that are special to me and my family.
- How to talk about special experiences.
- How to express my interest about familiar people.
- That there are different occupations and that lots of these people help me in different ways.
- That I have similarities and differences to my friends and family.
- How to talk about the things I know about the living and natural world.
- How to talk about plants and animals and things I have observed.
- That I need to show concern and care for living things and how to talk about changes and growth.
- That things work in different ways and all for different reasons.
- How to welcome and value praise for the things that I do.
- How to play in a group, extending my play ideas and build up a role play with my friends.
- That technological toys can be used in different ways and that things like cameras and mobile phones are still technology that I can use for different things.
- That there are many different occupations that people do and that each one is important.

- How to say when I am hungry and I need to rest.
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- How to communicate with other children confidently and be confident in new situations.
- That I can ask for help when it is needed.
- That some actions and words can hurt the feelings of others and know how I am feeling.
- How to share the resources and toys with my friends.
- How to talk about times and events that are special to me and my family.
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- That technological toys can be used in different ways and that things like cameras and mobile phones are still technology that I can use for different things.