



Our Lady of Walsingham Catholic Primary School

Early Years Foundation Stage: Personal, Social and Emotional Development

	PSHE (School's HeartSmart Scheme)	Ongoing throughout the year in EYFS
Aut 1	<p>GET HEARTSMART HEARTSMART</p> <ul style="list-style-type: none"> <li>• (Meet Boris) Boris' Beginnings Boris the robot story- which voice should you listen to?</li> <li>• Build-a-Boris Make a robot from junk</li> <li>• Boris Shapes Make a robot from 2D shapes.</li> <li>• Happy and you know it Song to demonstrate different emotions.</li> <li>• Boris Face dough Different emotions using play dough</li> <li>• Boris' Hanging Hearts Heart rewards for children who are caught being kind.</li> </ul>	<ul style="list-style-type: none"> <li>• See themselves as a valuable individual</li> <li>• Build constructive and respectful relationships</li> <li>• Express their feelings and consider the feelings of others</li> <li>• Show resilience and perseverance in the face of challenge</li> <li>• Identify and moderate their own feelings socially and emotionally</li> <li>• Think about the perspective of others</li> <li>• Manage their own personal hygiene</li> <li>• Know and talk about the different factors that support their overall health and wellbeing.</li> </ul> <p><b>ELG: Self-Regulation</b> Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p>
Aut 2	<p>DON'T FORGET TO LET LOVE IN! (I am special)</p> <ul style="list-style-type: none"> <li>• VIP Crowns Design and make a crown</li> <li>• Mirror, mirror Describe self in mirror and draw a self-portrait</li> <li>• I am special because I am... Game to encourage children to think about why they are special.</li> <li>• I am special song Children to suggest reasons they are special</li> <li>• Fingerprint tree Looking at uniqueness of fingerprints</li> <li>• All about me ball Circle time to tell the other children about yourself</li> </ul>	
Spr 1	<p>TOO MUCH SELFIE ISN'T HEALTHY! (I love others)</p> <ul style="list-style-type: none"> <li>• Who is special to me? Who loves and cares for Boris? Who do you love and care for?</li> <li>• My house who lives in your house? Catch a smile Game to encourage children to share their smiles</li> <li>• Friendship web Circle time to use kind/encouraging words about one another.</li> <li>• A friend in need Game about look out for and helping friends in need.</li> <li>• Bird feeders How can we love the wildlife in our garden</li> </ul>	
Spr 2	<p>DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)</p> <ul style="list-style-type: none"> <li>• We're all friends together Thinking about what we like to do with our friends</li> <li>• Sharing Island game Game to encourage sharing and cooperation</li> </ul>	

	<ul style="list-style-type: none"> <li>• Robots and mechanics Listening to instructions and cooperating with one another</li> <li>• I am a kind friend Game to help children find simple ways to be kind to each other.</li> <li>• I make a good friend How to be a good friend.</li> <li>• Emoji emotions Encouraging children to describe how they are feeling using emotions</li> </ul>	<p><b>ELG: Managing Self</b> Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p><b>ELG: Building Relationships</b> Children at the expected level of development will: - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.</p>
<p><b>Sum 1</b></p>	<p>FAKE IS A MISTAKE (I tell the truth)</p> <ul style="list-style-type: none"> <li>• Boris has... Game to demonstrate the importance of being kind and truthful.</li> <li>• The truth according to Arthur story Talking about the importance of telling the truth.</li> <li>• Sorting words Sorting words into kind and unkind</li> <li>• Animal Gamethankful to be me pretending to be something else is fun but being me is better. Thankful Walk Walk around the school to spot things children are thankful for.</li> <li>• In my house Circle time to celebrate the different things we do with are families.</li> </ul>	
<p><b>Sum 2</b></p>	<p>'NO WAY THROUGH', ISN'T TRUE (I can do it)</p> <ul style="list-style-type: none"> <li>• Nuts and bolts Challenge the children to match the correct nuts to the correct bolts</li> <li>• With my...I can Describing different things that the children can do with their amazing body</li> <li>• We're going on a bear hunt Interactive retelling of the story.</li> <li>• Incy Wincy Spider Learning perseverance from incy wincy spider.</li> <li>• Road blocks Moving cars around the mat by adhering to the road signs.</li> <li>• Cup stack challenge Challenge to see how many cups the children can stack before they collapse</li> </ul>	