



Incredible Me – Autumn 1

Year R

Important Ideas:

- To talk about ourselves and our families and friends (self-portraits, family pictures, hand print art)
- To learn and follow routines and rules within school
- To explore our features and similarities and differences between ourselves and others
- To identify and understand emotions with support of our zones of regulation

You have already learned:

- Some body parts in nursery
- To talk about your immediate environment
- Starting to talk about different feelings
- Some rules and routines (e.g. at home and nursery)

Key Tier 2 Vocabulary:

Routines	Actions regularly followed.
Similarities	Similar in appearance or character, without being identical
Differences	Not the same as each other
Features	A distinctive aspect about something or someone
Place	A particular space or location
Belong	Being accepted. Included and part of something
Rules	Guidelines for how people should behave

Key Tier 3 Vocabulary:

Family	
Friends	People who know and like each other
Home	The place where a person lives
Body	Your body is all your physical parts (e.g. hands, arms, legs etc)
Face	The front part of the head, including the mouth, nose, cheeks, and eyes
Skin	Covers and protects everything inside our bodies
Feelings	Emotions such as happy, sad, lonely worries etc
Emotions	Our inner feelings
Share	Using the resources and space with others, including taking turns



Sticky Knowledge – I will know:

- That families are different for different people
- That I am the same as other people in some ways and different in others (features, family, likes and dislikes etc)
- To name and identify different parts of my face and body
- The school rules and routines and why these are important to help keep the children and adults happy and safe
- We all experience different emotions at different times and this is ok! I know the things I can do to get myself back in the green zone

Subject specific skills – I will be able to:

- To use different media and materials to create a picture
- Identify different emotions in myself, other people and characters in stories
- Gain independence with managing belongings, toileting, eating lunch, finding my way around the school

