



EYFS FOUNDATIONS:

Our PSHE / RHSE journey begins in EYFS, where children start The Story Project lessons.

EYFS	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	The Jar of Happiness Written and Illustrated by Ailsa Burrows	Luna Loves Library Day by Joseph Coelho	Here We Are by Oliver Jeffers.	Barbara Throws a Wobbler by Nadia Shireen	Oliver's Vegetables by Vivian French	The New Small Person by Lauren Child
	Explore happiness and sadness, including what causes these feelings, how we can help others feel happy and simple ways to cope with sadness. Recognise how friends and family support our happiness.	Understand who is in our family, why family is important and how we show love. Develop active listening and good manners.	Learn why we care for the planet and keep shared spaces safe and tidy. Name body parts, understand simple ways to stay healthy and know what to do when unwell, while showing respect to everyone.	Recognise what can make us angry or calm and understand the difference between feelings and actions. Practise kindness towards friends and using kind hands.	Learn about healthy food, where fruit and vegetables come from, drinking enough water and why exercise helps keep our bodies healthy.	Understand how a new baby can change family life and how babies are cared for. Practise sharing, taking turns, welcoming others and knowing who to tell when worried or unsafe.
YEAR 1	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	Peace at Last by Jill Murphy	Morris the Mankiest Monster by Giles Andreae	Look Up by Nathan Byron	Angry Arthur by Hiawyn Oram	My Big Fantastic Family by Charlotte and Adam Guillane	The Friendship Bench by Wendy Meddour
	Understand why sleep matters, how to manage tiredness and fidgeting, and what helps us rest well. Learn that permission matters and that we can say no when we do not want to do something.	Learn how illness can spread and why hygiene, tooth brushing, healthy food, water, exercise and rest are important for a healthy lifestyle.	Recognise what makes us unique and identify our strengths. Consider healthy device use and learn how to stay safe on the roads.	Understand appropriate behaviour and use a simple feelings scale to recognise emotions and when support may be needed. Learn ways to relax and take responsibility for the school environment.	Learn that families can look different and all deserve respect. Explore important family relationships, changes within families and how families support one another through difficulties.	Explore how friendships begin, what makes a good friend and how friends can make one another happy. Learn how to include others and what to do when a friendship makes us unhappy.

YEAR 2	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	The Girl Who Never Made Mistakes by Mark Pett and Gary Rubinstein	Ravi's Roar, by Tom Percival	Chicken Clicking by Jeanne Willis and Tony Ross	Aliens Love Underpants by Claire Freedman	*NEW* The New Girl by Nicola Davies	Grandads Camper by Harry Woodgate
	Understand that mistakes help us learn and that perseverance, self-respect and kindness towards ourselves support happiness and success.	Recognise that all emotions are acceptable, reflect on how we manage them and practise calming strategies. Explore fairness, kindness and why differences should be valued.	Understand the benefits and risks of being online, how to stay safe and report problems, and begin to understand the value of money and things we buy.	Use correct names for body parts, understand private parts and recognise comfortable and uncomfortable touch. Know how to respond when unsafe and understand the difference between secrets and safe surprises.	Understand refugees and human rights, recognise the needs of others and ways to offer support, and develop simple strategies for deciding whether someone is trustworthy.	Explore feelings linked to change and loss, ways to cope and where to get help. Recognise the importance of family relationships and how helping others can support our own happiness.
YEAR 3	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	On a Magical Do Nothing Day by Beatrice Allemagne	Ruby's Worry by Tom Percival	No Money Day by Kate Milner	Faruq and the Wiri Wiri Tree	The Hundred Dresses by Eleanor Estes	Ossiri and The Bala Mengro by Richard O'Neill and Katharine Quarmby
	Explore how nature supports mental wellbeing, why living things should be respected, the importance of balancing online and offline activities, staying safe outdoors and managing disappointment.	Understand worries, loneliness and their physical signs. Learn self-care strategies and know how and where to seek help, including when a family member or friend is causing worry or making us feel unsafe.	Learn how people pay for things and make spending choices, how money can affect emotions, why people save or borrow, and how to keep money and possessions safe.	Understand how food and drink contribute to a balanced lifestyle, make informed food choices and begin to consider personal goals and dreams for the future.	Identify the qualities of a good friend and ways to manage friendship difficulties. Understand bullying and cyberbullying, the role of bystanders and how to seek help and strengthen friendships.	Explore how community, music and perseverance support wellbeing. Use a simple scale and strategies when learning feels difficult, and practise giving constructive support and feedback to others.

YEAR 4	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	The Grand Hotel of Feelings by Lidia Brankovic	Penguin Pig by Stuart Spendlow	This Moose Belongs to Me by Oliver Jeffers	The Proudest Blue by Ibtihaj Muhammad	The Tunnel by Anthony Browne	Mama Miti by Donna Jo Napoli
	Develop a wider vocabulary for emotions, recognise that people can experience several feelings at once and understand that feelings can change as we grow. Know when to seek help with overwhelming emotions.	Understand risks in online friendships, respectful online behaviour, online bullying, checking information critically and how personal information and data may be shared online.	Explore healthy friendships, boundaries and saying no. Understand that friendships can have difficulties, how they can be repaired and how rules and laws help protect people.	Explore cultural heritage, support from family and friends and respect for different beliefs. Understand different forms of bullying, how to resist or report it and its impact on mental wellbeing.	Understand dares, risk and peer pressure, and learn how to resist unsafe or uncomfortable choices. Recognise that positive risk-taking can build resilience and know what to do in an emergency.	Learn about sun safety, serving others, role models and personal passions. Celebrate different languages and understand how respect for language and culture supports wellbeing.
YEAR 5	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	The Colour Thief by Andrew Fusek Peters and Polly Peters	The Boy who Grew Flowers by Jennifer Wojtowicz	Ada's Violin by Susan Hood	Pizza Face by Rex Ogle	Ritu Weds Chadni	Mum and Dad Glue by Kes Gray
	Understand mental health and mental illness, ways to look after mental wellbeing and why early support matters. Explore how people experiencing mental illness and those supporting them can access help, and the importance of respect.	Explore body image and self-esteem, recognising that media images may not reflect reality. Understand how bullying can affect wellbeing and consider ways to create a more inclusive classroom.	Understand our place in a global community and ways to care for the world. Develop teamwork, enterprise and negotiation skills linked to future careers and recognise ways to build self-esteem.	Learn about the physical and emotional changes of puberty, recognise that everyone experiences these differently and develop positive strategies for managing growing up.	Understand why people may choose marriage, relevant laws and different customs and traditions. Respect different types of marriage and explore the range of identities represented in the UK.	Explore why couples may separate, the feelings this can create and strategies for coping. Learn how affirmations can support wellbeing and how to help a friend through a difficult situation.

YEAR 6	AUTUMN COVERAGE		SPRING COVERAGE		SUMMER COVERAGE	
	Aaron Slater, Illustrator by Andrea Beaty	*NEW* Little People, Big Dreams: Marcus Rashford by Maria Isabel Sanchez Vegara	*NEW* Little People, Big Dreams: Mary Earps by Maria Isabel Sanchez Vegara	*NEW* Sunny Side Up by Jennifer L. Holm	Positive Health (Lincolnshire)	Finding my Voice by Aoife Dooley
	Set challenging goals, identify barriers and helpful strategies, break goals into manageable steps and explore a range of future careers.	Understand racism and ways to stand up to it safely. Develop strategies for managing difficult situations, seeking help, preventing online problems and standing up for personal beliefs.	Understand and challenge stereotypes, including how they can influence career choices. Recognise the benefits of exercise and what is needed to maintain physical health.	Learn factual information about harmful substances and associated risks, including smoking, alcohol and drugs. Develop strategies to resist peer pressure, seek help, understand consent and communicate assertively, alongside water safety.	Workshops led by external provider where they use accurate language to help pupils understand puberty, healthy relationship and an introduction to LGBTQ+ community.	Prepare for transition to secondary school by exploring feelings, practical preparations and coping strategies. Set goals for secondary school and future education, careers and life plans.