**Overview of PSHE Content – Nursery**

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|  | **Autumn 1**  **Keeping Safe** | | | **Autumn 2**  **Living in the Wider World** | | | | | **Spring 1**  **Mental & Emotional Health** | | | **Spring 2**  **No Outsiders**  **Equality Act 2010** | **Summer 1**  **Relationship and Sex Education**  **(Ten:Ten**) | **Summer 2**  **Healthy Lifestyles** | | |
|  | **self-regulation** | **managing**  **self** | **building relationships** | | **self-regulation** | **managing**  **self** | **building relationships** | **self-regulation** | | **managing**  **self** | **building relationships** | **1) Mommy, Mamma and Me by Leslea Newman and Carol Thompson**  To celebrate my family  **2) Red Rockets and**  **Rainbow Jelly by Sue Heap and Nick Sharratt**  To understand that its OK to like different things | 1**) You’ve got a friend in me**  To learn how their behaviour affects other people and that there is appropriate and inappropriate behaviour  **2) Forever Friends**  To recognise when they have been unkind to others and say sorry.  **3) Safe Inside and Out**  To learn about safe and unsafe situations indoors and outdoors, including online.  **4) My body, My rules**  To learn about the idea of bodily privacy (including the NSPCC PANTS message that ‘privates are privates’) and the importance of talking to their ‘special people’ if anything troubles them.  **5) Me, You, Us**  To learn that they belong to various communities, such as home, school,  parish, the wider local area, nation and the global community | **self-regulation** | **managing**  **self** | **building relationships** |
| Nursery | Children will separate from main carer to come into nursery.- individual transition to support children | Children will know the class rules:  - Looking eyes  - Listening ears  - Hands in lap  Children will know to wash and dry their hands before eating and after using the toilet. | Children will know how to play alongside each other. | | Children will know what adults can help them in nursery- asking for help to zip up coats, build a train track, access climbing equipment safely. | Children will know how to look after resources using the rhyme ‘Choose it, use it, put it away’.  Children will know to drink water to be healthy. | Children will know how to play partner games. | Children will become confident with visitors in nursery- farm visit, school nurse | | Children will know examples of healthy food- exploring fruit and vegetables including beans, tomatoes and tortilla wraps | Children will share resources and play in a group. | Children will show confidence in visiting St Anne’s church. | Children will know how to independently use the toilet. | Children will know how to listen to a friend and agree a compromise |