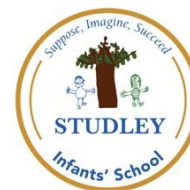


PHSE Curriculum Overview



EYFS

Autumn			Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PHSE	Meet your brain	Taking care (We all have the right to feel safe)	Celebrate	Appreciate	Relate	Engage
Sticky Knowledge/ Key concept	-A foundational knowledge of the brain and how they can look after their minds is taught. -They learn that their brain is an organ and it needs to be looked after. -They learn the concept of Neuroplasticity, i.e. the brain can grow and change when you practice something new.	-We all have the right to feel safe. -Learning the correct terminology for naming body parts so that everyone knows exactly what is being talked about. The key message given is that the whole of their body is private and its up to them to give permission for people to touch them. -Identifying early warning signs of physical feelings. -Understanding that we all have a network of people to help us if we are worried / scared.	-To learn what the different types of Character Strengths are and how children can learn to spot different strengths in themselves and others. -Which Character Strengths the children identify with. -Identifying these character traits in each other and from characters from stories.	-The importance of gratitude. -The wheel of gratitude- this is a way to think about the types of gratitude that children should take the time to notice. -What they can appreciate about themselves and others. -How to use breathing as a vehicle to help them STOP and THINK.	-The importance of being able to relate to and get along with others. -To see other people's perspectives in order to build relationships. -Through lots of examples and discussion the children will learn about key skills in relationship building. -How listening is focused on building active listening skills such as making eye contact, smiling, having no distractions, remembering what is said and asking questions.	-Goal setting and perseverance. -Identifying how they need help to achieve their goal. -Children review their learning across the myHappymind curriculum.