HOLLY PARK PSHE Learning Organiser Core theme: Health & Wellbeing



Key Information	Key Vocabulary
Complete their own all about me books.	happy, sad, like/dislike
Introduced to the Zones of Regulation- Tool Box	Names of fruits Names of vegetables
Begin to Select and use activities and resources, with help when needed.	Useful Books
Begin to develop awareness of their own emotions and use simple vocabulary to talk about how they are feeling.	Little Seahorse and the : BiG Question BiG Question Bi
To show a happy confident disposition while at nursery.	NEW BARRY COMPANY COMP
To move around all areas inside and outside, accessing resources and activities independently	KUB/S WORRYSAURUS Eric Carle
To begin to understands their rights	
To eat independently and enjoy a range of healthy foods	
To use the toilet independently	RAV/S POM POM I Don't Want to Wash My Hands/
HAPPY HAPPY HAPPY	ROAR Wash My Hands? Tony Ross Tony Ross Sphy-Hun

Communication and language

Be able to express a point of view and to debate when they disagree with an adult or friend, using words as wellas actions. Start a conversation with an adult or a friend and continue itfor many turns.

Personal, Social and Emotional Development

Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen orone which is suggested to them. Develop their sense of responsibility and membership of acommunity. Become more outgoing with unfamiliar people, in the safecontext of their setting. Show more confidence in new social situations. Play with one or more other children, extending andelaborating play ideas. Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. Increasingly follow rules, understanding why they areimportant. Remember rules without needing an adult to remind them. Develop appropriate ways of being assertive. Talk with others to solve conflicts. Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry'or 'worried'. Understand gradually how others might be feeling. Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying theirhands thoroughly. Make healthy choices about food, drink, activity andtoothbrushing.

Physical Development

Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips

Understanding the World

Begin to make sense of their own life-story and family's history.

Show interest in different occupations.

Continue developing positive attitudes about the differences between people.

Know that there are different countries in the world andtalk about the differences they have experienced or seenin photos.