

PSHE and Relationships Education

[illegible]

PSHE and Relationships Education



Individual Liberty
Mutual Respect

May – Resilience
June – Determination
July - Imagination

Resources/useful websites:

[Handa's Surprise](#), [Lost and Found](#), [The Very Hungry Caterpillar](#), [Walking Through the Jungle](#)

Health and Wellbeing – Term 3	
Self regulation	- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.
Managing Self	- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge - Explain the reasons for rules, know right from wrong and try to behave accordingly - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Suggested start assessment activity: Introduction of a feelings chart – can they identify their own feelings and explain them?

Suggested end assessment activity: Can children discuss the feelings of others.

Resources/useful websites:

[Mood Monsters](#)

[The Colour Monster](#)

Queen's birthday
World Mental
Health week
VE day
Armed Forces day