

	Lesson name	PSHE Learning objective	Expected Standard (EXS)	Greater Depth			
					Mental Health Unit	Mental Health	Useful Resources
					Unit 1 : Understanding feelings - Feelings are friends	Week 1 - Hello feelings - Match different emojis to feelings, introduce an emotions check in wall.	
EYFS PSHE Lesson Plans Self Regulation My Feelings	Lesson 1: Identifying my feelings	Learning how to identify feelings and associating feelings with different colours.	To identify different feelings and emotions.	To confidently identify a wide range of emotions in myself and others and explain what might cause them.		Week 2 - What makes me feel happy? What does happy look like and sound like?	
	Reception PSHE Lesson Plan Feelings Jars	Using their understanding of feelings children create feeling jars and use them to identify and express their feelings.	To identify and express my feelings.	To confidently identify emotions and explain what might cause them		Week 3 - What makes me feel sad? What does sad look like and sound like?	Twinkl, Books that may be useful - Huge bag of worries, Ruby finds a worry, colour monsters
	Reception PSHE Lesson Plan Coping Strategies	Exploring coping strategies to help regulate emotions and identifying how characters within a story may be feeling.	To explore different coping strategies to help regulate our emotions. To empathise with how a character in a story would feel.	To independently choose and explain coping strategies that help me regulate my emotions in different situations.		Week 4 - What makes me feel angry? Learn 'volcano breath', Feeling angry is okay.	
	Describing feelings	Learning the appropriate vocabulary to describe different emotions	To explore the different adjectives that can be used to describe feelings.	To use a broad and varied vocabulary to describe emotions, including more complex feelings (e.g. worried, proud, frustrated).		Week 5 - Sometimes I'm scared, discuss what makes people feel scared, create monster masks to scare them away.	
	Reception PSHE Lesson Plan Facial Expressions	Exploring different facial expressions and identifying the different feelings they can represent	To explore different facial expressions and what they mean.	To recognise more subtle facial expressions and body language and explain what they might tell us about someone's feelings.		Week 6 - My safe space - visualisation.	
	Creating a calm corner/	Learning to identify different feelings based on corresponding facial expressions and exploring ways to moderate behaviour, socially and emotionally.	To identify feelings based on facial expressions.	To justify my ideas about how someone might be feeling based on facial expressions, actions, and context.	Unit 2 : Building Relationships	Week 1 - What is a friend? (Twinkl resources)	
Building relationships special relationships/	Reception PSHE Lesson Plan My Family	To talk about our families. To understand that all families are valuable.	Discussing families, why we love ours and understanding that all families are valuable and special.	To talk confidently about my own family and explain why all families are different, valuable, and special.		Week 3 - Taking turns and sharing - partner painting, taking-turn games	
	EYFS RSE & PSHE Lesson: Special People in Our Lives	Identifying people who are special to us through discussion and drawing and thinking about what it means to be a valued person.	To talk about people that hold a special place in children's lives and think about what it means to be a valued person.	To explain why certain people are important in my life and describe how people show they value one another.		Week 4 - Helping hands - 'help a friend' week, who helped you today?	
	Reception PSHE Lesson Plan Sharing	Learning the importance of sharing with others and strategies for doing so, through role play activities and discussion.	To understand why it is important to share and cooperate with others. To develop strategies to help when trying to share with others.	To independently cooperate and share with others, explaining why this is important and suggesting fair solutions when difficulties arise.		Week 5 - Saying sorry and forgiving - Oops I made a mistake.	
	EYFS RSE & PSHE Lesson: I Am Unique	Learning to see themselves as valuable individuals and understanding that it is a positive thing to enjoy and like different things to others.	To see themselves as a valuable individual. To understand that it is ok to like different things.	To show a strong sense of self-confidence, explaining my own likes, dislikes, and strengths while respecting those of others.		Week 6 - Playing together, cooperative games - parachute, building blocks.	
	My interests	Exploring how they see themselves as individuals through discussion, drawing and sharing their interests in pairs, as a group, and as a class.	To see themselves as a valuable individual. To share their interests with the group.	To share my interests with the group clearly and listen respectfully to the interests of others.		Week 1 - My amazing body - outline body on paper and decorate with the things it helps us do eg. run, hug, laugh.	
	Lesson 6: Similarities and differences	Exploring diversity through activities and discussion about similarities and differences and understanding that we are all unique.	To explore diversity through thinking about similarities and differences.	To compare similarities and differences between people and families and explain why diversity should be respected and celebrated.		Week 2 - Food that helps me grow, some foods help my body feel good and strong. Week 3 - Sleep and rest are important - Build a bedtime routine chart - practice relaxation. Week 4 - Lets get moving - How do you feel after moving your body? (Animal yoga, dance freeze)	
Managing self: Taking on challenges	Lesson 1: Why do we have rules?	Learning to understand why rules are important and why we have them through activities and games, allowing children to implement and follow rules.	To understand why we have rules.	To explain why rules exist and how they help keep people safe, fair, and happy	Unit 3 - Healthy minds and bodies	Week 5 - Mind body connection discussions eg. butterflies in my tummy, my heart feels full.	
	Reception PSHE Lesson Plan Challenges Building Towers	Learning to understand the importance of persistence in the face of challenge through teamwork activities, developing confidence in their own ability to solve problems.	To understand the importance of persistence in the face of challenge and developing confidence in their own ability to solve problems.	To persist with challenges independently and explain the strategies I use when things feel difficult.	Objective - Begin to understand the link between physical and mental wellbeing	Week 1 - My amazing body - outline body on paper and decorate with the things it helps us do eg. run, hug, laugh	
	Reception PSHE Lesson Plan Team Den Building	Learning to work together as a team to overcome challenges by communicating effectively with others to build a den.	To work together as a group to overcome challenges and communicate effectively with others.	To work collaboratively with others, negotiating roles, listening to different ideas, and helping to resolve problems.			
	Reception PSHE Lesson Plan Grounding	Learning 'grounding' coping strategies and how to use them in different situations.	To learn and practise 'grounding' coping strategies.	To independently use grounding and calming strategies to manage emotions during challenge or change.			
	Team Races	Learning to understand the importance of perseverance in the face of challenge through team racing.	To understand the importance of perseverance in the face of challenge.	To recognise setbacks and explain how perseverance helps me improve my learning.			
	Reception PSHE Lesson Plan Circus Skills	Through resilience and perseverance children complete a circus challenge	To learn new skills, showing resilience and perseverance in the face of challenge.	To learn new skills with confidence, adapting my approach when something does not work the first time.			
Self-regulation: Listening and following instructions	Reception PSHE Lesson Plan Simon Says	Learning the importance of listening carefully by playing recall games.	To understand the importance of careful listening	To listen carefully and respond appropriately, showing understanding of what others have said.	Unit 4 - Growing and changing.	Week 1 - How have I grown? In size and ability.	
	Lesson 2: Listening to a story	Listening attentively to a story: answering questions and retelling parts of a story.				Week 2 - My superpowers - what am I	
	Reception PSHE Lesson Plan Pass the Whisper	Understanding the importance of listening carefully, telling the truth and thinking of others' feelings.	To understand the importance of listening carefully, telling the truth and thinking of others' feelings.	To explain why honesty, careful listening, and kindness are important in relationships.		Week 3 - Trying new things - it is okay to make mistakes.	
	Reception PSHE Lesson Plan Obstacle	Following instructions or actions and persevering when	To understand the importance of following instructions or	To follow multi-step instructions accurately and		Week 4 - Feeling nervous? What can I	
	Reception PSHE Lesson Plan Blindfold Walk treasure-hunt	Learning to follow instructions involving several ideas or actions and giving simple instructions.	To be able to follow instructions involving several ideas or actions and give simple instructions.	To give clear, structured instructions to others and check for understanding		Week 5 - Moving on, moving up - talk about year 1 - what will it be like? My hopes for year 1.	
	Reception PSHE Lesson Plan Festivals Building Relationships	Learning to listen and respond to phrases and	To be able to listen and respond to phrases and instructions.	To respond thoughtfully to spoken language, asking relevant		Week 6 - Celebration of me - What have	
Building relationships: My family and friends	Reception PSHE Lesson Plan Festivals Building Relationships	Thinking about the perspectives of others in the class	To be able to think about the perspectives of others in the	To explain different viewpoints within the class and describe			
	Lesson 3: What makes a good friend? Being a Good Friend	Understanding why sharing is important	To understand why sharing is important	To explain why sharing is important and demonstrate this			
	Teamwork Celebrating friendships	Understanding the characteristics that make a good friend	To understand what makes a good friend	To describe the qualities of a good friend and show these			
	Learning the importance of supporting others by being a Good Friend	Understanding the importance of supporting others by being a Good Friend	To understand the importance of supporting others by	To support others by offering help, encouragement, and			
Reception PSHE Lesson Plans Managing Self My Wellbeing	Reception PSHE Lesson Plan What is exercise?	Understanding the importance of perseverance in the	To persevere through social challenges and explain how I	To be able to plan a party to celebrate special friendships			
	Reception PSHE Lesson Plan What is exercise?	Learning about the importance of exercise and exploring how exercise affects different parts of the body.	To learn about the importance of exercise.	To explore how exercise affects different parts of the body.			
	Reception PSHE Lesson Plan Yoga and relaxation	Exploring yoga, guided meditation and relaxation	To learn how yoga can help our bodies to stretch, relax and stay healthy.	To reflect on how yoga, meditation, and relaxation help my body and mind and choose these strategies when needed.			

	Lesson 3: Looking after ourselves	Understanding why it is important to be able to take care of oneself.	To understand why it is important to be able to take care of ourselves by completing independent tasks related to health, well-being and hygiene.	To independently manage personal health, hygiene, and self-care routines and explain why they are important.			
	EYFS RSE & PSHE Lesson: Being a	Exploring what it means to be a safe pedestrian.	To know what it means to be a safe pedestrian	To explain how to stay safe as a pedestrian and apply this			
	EYFS RSE & PSHE Lesson: Eating	Exploring what it means to eat healthily.	To understand what it means to eat healthily.	To explain what healthy eating means and justify healthy			
	Reception PSHE Lesson Plan 1 A Rainbow of Food	Understanding the importance of healthy food choices and what a balanced diet is.	To understand the importance of healthy food choices. To explore what it means to have a balanced diet.	To describe what a balanced diet is and explain why a variety of foods is important for our bodies			