



PSHE Overview: Reception

Autumn Term 1



Being Me

We are learning to:

- Talk about ourselves and what makes us special.
- Recognise our strengths and achievements.
- Try new things and keep going when something feels tricky.
- Understand how our skills can help other people.
- Develop confidence to share ideas and join in with others.

Useful conversations to have at home:

What are you proud of today?

What are you good at?

What new thing have you tried?

How did you help someone today?

Difference and Diversity

We are learning to:

- Understand that everyone is unique.
- Recognise that families can look different.
- Talk about the people who are important to us.
- Respect similarities and differences between ourselves and others.
- Celebrate what makes each person special.

Useful conversations to have at home:

What makes you special?

Who is in your family?

What do you enjoy doing together?

How are you the same or different from your friends?

Protected Characteristic:

- age • disability • marriage and civil partnership • pregnancy and maternity • race • religion or belief • sex • sexual orientation

British Values:

- democracy • the rule of law • individual liberty • mutual respect • tolerance of those of different faiths and beliefs



PSHE Overview: Reception

Autumn Term 2



Exploring Emotions

We are learning to:

- Recognise and name different feelings.
- Understand that everyone experiences a range of emotions.
- Explore ways to express feelings appropriately.
- Learn strategies to manage big feelings.
- Understand how kindness can help others who may feel lonely or worried.

Useful conversations to have at home:

How are you feeling today?

What helps you feel calm?

What makes you feel happy?

How can you help someone who feels sad?

Drug Education & Being Safe

We are learning to:

- Understand that some things are safe to eat or drink and some are not.
- Know that medicines should only be given by trusted adults.
- Recognise who can help us when we feel unwell.
- Know who can help us if someone is hurt.
- Understand simple ways to stay safe.

Useful conversations to have at home:

Who can give you medicine?

What should you do if you find medicine?

What helps you feel better when you are poorly?

What would you do if someone was hurt?

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PSHE Overview: Reception

Spring Term 1



Being Healthy

- **We are learning to:**

Understand how germs spread and how handwashing helps keep us healthy.

- Make healthy food choices.
- Learn why exercise and sleep are important.
- Understand how to care for our teeth.
- Develop healthy habits that help our bodies and minds.

Useful conversations to have at home:

When should we wash our hands?

What foods help us stay healthy?

How do we look after our teeth?

Why is sleep important?

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PSHE Overview: Reception

Spring Term 2



Relationships

We are learning to:

- Understand what makes a good friend.
- Work together as part of a team.
- Learn how to be a good sport when we win or lose.
- Ask for permission and respect other people's choices.
- Play kindly and cooperatively with others.

Useful conversations to have at home:

- What makes a good friend?
- How can we be kind when playing games?
- Why is it important to ask first?
- How can we help others feel included?

Online Safety

We are learning to:

- Know what to do if we see something upsetting online.
- Understand that not everything online is true.
- Learn that personal information should be kept private.
- Know that trusted adults can help us stay safe online.

Useful conversations to have at home:

- What should you do if something online worries you?
- What information should we keep private?
- Who can help you if you are unsure online?

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PSHE Overview: Reception

Summer Term 1



Growing up

We are learning to:

- Understand the different stages of growing up.
- Recognise how we have changed since we were babies.
- Develop independence in everyday tasks.
- Persevere when things feel difficult. Know when and how to ask for help.

Useful conversations to have at home:

What can you do now that you couldn't do before?

What jobs can you do by yourself?

What do you do when something feels tricky?

Being Responsible

We are learning to:

- Understand what it means to be responsible.
- Look after our belongings and classroom.
- Help care for our environment.
- Understand how our actions affect others.
- Take responsibility for simple daily jobs.

Useful conversations to have at home:

How can you help at home?

Why is it important to tidy up?

How can we look after our world?

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PSHE Overview: Reception

Summer Term 2



| Money Matters | Changes | Being safe (road safety) |
|---|---|--|
| <p>We are learning to:</p> <ul style="list-style-type: none"> • Understand what money is used for. • Learn that people earn money through jobs. • Understand that money can be used to help others. • Recognise the difference between needs and wants. • Understand that kindness does not need to cost money. | <p>We are learning to:</p> <ul style="list-style-type: none"> • Recognise seasonal and weather changes. • Observe changes in nature throughout the year. • Understand how we adapt to different weather conditions. • Recognise that some things stay the same while others change. • Develop confidence when routines and familiar situations change. • Prepare for moving into Year 1. | <p>We are learning to:</p> <ul style="list-style-type: none"> • Stay safe near roads and traffic. • Learn how to cross roads safely. • Understand the "Stop, Look, Listen and Think" routine. • Recognise safe choices when travelling. |

Useful conversations to have at home:
 What do we buy with money?
 What is something you need?
 How can we help other people?
 What kind things can we do for free?

Useful conversations to have at home:
 What season are we in?
 What changes can you see outside?
 What helps you when something changes?
 What are you looking forward to in Year 1?

Useful conversations to have at home:
 What do we do before crossing a road?
 Why do we hold hands near roads?
 Where is the safest place to cross?