

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	Marvellous me!	<ul style="list-style-type: none"> <li>To understand and talk about things we like to do.</li> <li>To share ideas with others.</li> <li>To link emotions and feelings with things we like to do.</li> </ul>	<p>Share story “Things I like” by Anthony Browne (you tube version) and discuss some questions (e.g. Do you like doing this? Does everyone like the same thing? How does it make him feel when...? How do you feel when...)?</p> <p>Activity- Share a circle time and using a talking object, model how to finish the sentence “I like...” Each child in group then has a turn to say what they like.</p>	<p>Like Feel Choose Favourite Happy Excited</p>
2	Marvellous me!	<ul style="list-style-type: none"> <li>Understand that we all look different.</li> <li>Understand how we have the same features but these may be different to one another (hair colour, eye colour etc.)</li> </ul>	<p>Using the mirror in the classroom share ideas about how everyone is different. Discuss hair colour and length, eye colour etc.</p> <p>Talk about the body and ask questions (Do you know any words for your body parts? Can you tell us what this is? – e.g., elbow, knee, ankle etc.)</p> <p>Activity- In small groups draw around a person on a large piece of paper. Draw different features and write the names of each body part onto the outline. Draw on a vest and pants and explain that these parts are private and we keep them covered.</p>	<p>Head Hands Fingers Elbows Pants Vest Private Penis Vulva</p>
3	I’m special	<ul style="list-style-type: none"> <li>Identify things that make them special and why.</li> </ul>	<p>Look inside a “Special box” with a mirror inside. Share the box around the group and explain that every single one of them is special. Encourage to think about what makes them special?</p> <p>Play Harold’s song “I’m Special”.</p> <p>Activity- Model finishing the sentence “I’m Special because...”</p>	<p>Special Feel</p>
4	I’m special	<ul style="list-style-type: none"> <li>Identify different feelings and emotions.</li> <li>Be able to link feelings and emotions to different</li> </ul>	<p>What feelings do people have? Share story “Sometimes I feel Sunny” by Gillian Shields. Using some emotion images together share feelings.</p> <p>Introduce a puppet and tell a story about how the puppet has had an experience that means they have different feelings.</p>	<p>Feel Feelings Happy Sad Angry</p>

PSHE – Me and My Relationships

Year N

Autumn 1 2021

		activities, memories or places.	Discuss that it is OK to not feel OK sometimes and that everyone has different feelings. Activity- Share ideas about who can help us if we feel worried/scared/upset etc.	Upset
5	People who are special to me	<ul style="list-style-type: none"> <li>Identify people that are special to us.</li> <li>Identify who is our family.</li> <li>Begin to understand that all families are special.</li> </ul>	<p>Share “The family Book” by Todd Parr (You tube version.) Explain that everyone has people who are special to them (sometimes these people are our family.) Ask:</p> <p>Who is in your family? Do you like to hug your family? How do you feel when you hug someone in your family? When might we want a hug? How do our special people help us when we are sad?</p> <p>Activity- Share a circle time together and invite children to share who lives in their home with them and who is special to them.</p>	<p>Family</p> <p>Mum Dad Brother Sister Granny Grandad Related Home</p>
6	People who are special to me	<ul style="list-style-type: none"> <li>Identify people who are special.</li> <li>Begin to understand that people’s families are different.</li> </ul>	<p>Show the children images on the whiteboard of different types of homes (bungalows, trailer, flat, house, cottage etc.) Ask the children what sort of home they live in. Discuss who lives in their home with them and who is special to them.</p> <p>Activity- Encourage children to draw a picture of their family. After creating their picture, encourage the children to make marks to communicate what they have said, or scribe what they say underneath their pictures.</p>	<p>Related</p> <p>Home Flat Bungalow House Trailer Caravan Cottage Mobile Chalet</p>

