



PSHE/Relationships and Health Education: Nursery

ME AND MY RELATIONSHIPS	LEARNING OUTCOMES
Marvellous me!	• Share their likes and dislikes with their friends and adults in their classroom • Name the different features of their face and parts of their body • Use their senses to explore the world around them
I'm special	• Speak positively about themselves • Name different feelings and possible causes • Name some key adults who can help them when feeling sad/worried/scared
People who are special to me	• Talk about their families and special people • Name those who care for them and keep them safe • Describe the different types of homes
VALUING DIFFERENCES	LEARNING OUTCOMES
Me and my friends	• Talk about the similarities and differences amongst their peers • Talk about the things they and their friends are good at • Spot similarities and differences in nature
Friends and family	• Understand that having differences between us is a good thing • Notice and talk about differences in nature • Recognise the differences within and amongst families
Including everyone	• Explore and use different materials • Show kindness by including their friends • Talk about how to help those who are in need

BEING MY BEST		LEARNING OUTCOMES	
What does my body need?		- Name what their bodies need for energy (food, water, exercise, sleep) - Describe how they feel when they don't have enough food, water, exercise or sleep - Make healthy choices independently, in their home or education setting - Understand the importance of looking after teeth	
I can keep trying		- Explain how people might feel if they find something hard - Suggest ways to encourage others to keep going - Have a go at challenging themselves	
I can do it!		- Develop skills in planning, reviewing applying a trial and error approach - Explore activities that they wouldn't normally try, pushing the boundaries of their comfort zone - Communicate with others by sharing with and listening to each other's ideas	
GROWING AND CHANGING		LEARNING OUTCOMES	
Growing and changing in nature		- Describe seasonal changes - Use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot - Describe the life cycle of an animal	
When I was a baby		- Talk about how babies change as they grow - Explain what babies need and how this changes as they grow - Share their own experiences and listen to those of the others	
Girls, boys and families		- Talk about the similarities and differences between the males and females - Begin to play inclusively with their friends, regardless of their sex (if not already doing so) - Think differently and more openly about what a family may look like	
KEEPING SAFE		LEARNING OUTCOMES	
People who help me and keep me safe		- Name key relatives/care givers at home and those who care for them in their education settings - Recognise a 'funny tummy' feeling when something feels wrong or unsafe and say what to do - Talk about what makes them feel safe	

Safety indoors and outdoors	• Name potential dangers, both inside and outside, and how to avoid getting hurt • Name things in the environment that keep us safe e.g.traffic lights, warning signs, school rules • Talk about how to keep their bodies safe
What's safe to go into my body	•Know which products in the home are to be used only by adults •Sort items according to their use and purpose •Explain who can give medicine to children and why
RIGHTS AND RESPECT	LEARNING OUTCOMES
Looking after myself	• Talk about how healthy food and keeping clean can help our bodies • Name some healthy foods • Try new experiences • Understand the importance of cleaning their teeth
Looking after others	• Name some activities that they can do to help out at home • Talk about how they can look after other members of their family • Talk about how they can look after their friends
Looking after my environment	• Show care and responsibility for their home and learning environments • Talk about what is special within the natural world • Name some ways in which they can help their world