

PSHE AT KILLIGREW

HOW CAN I HELP AT HOME?

Talking to your child about emotions will really support you child. Ask them how they feel. Think about how other people might feel. What does each emotion look like? Are these the same for everyone? What can you do if you are feeling angry, sad or worried? What will make you feel calm and content again?

At the end of the day, talk about 3 positives from your day, what you are grateful for and some small goals for the week ahead.

Talk about behaviours as choices rather than linked to the individual.

PLACES YOU COULD VISIT

Any visits can support the development of social skills and emotional intelligence. Speaking and listening are vital for this area of development. Local walks and visits to different places can help children to build personal development through experiences.

Local woodlands
Rye Meads Nature Reserve
Farms
Local parks
Soft play particularly for EYFS
National Trust Sites

RECOMMENDED READS

Tom Percival- Ruby's Worry

Amanda McCardie/Salvatore Rubbino- A Book of Feelings

Chris Chatterton /Rachel Bright- The Worrysaurus

Laura Ellen Anderson- I Don't Want Curly Hair

Katie Hickey /Nicola Edwards- Happy

Marcus Rashford- You are a champion

USEFUL WEBLINKS

[5 Ways to Wellbeing](#)

[EYFS- Farms](#)

[Caring for Animals](#)

[Guessing Emotions](#)

[Emotions Games for EYFS and KS1](#)

[The Little Book of Hope](#)

[The Smiley Face Game](#)



Dress to Express Day

Feel Good Week

World Mental Health Day

KEY VOCABULARY

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Myself Feelings Being gentle Rights Responsibilities	Talents Families Home Friends Standing up for myself	Challenges Perseverance Jobs Help	Exercise Healthy food Physical activity Sleep Clean	Family life Friendship Falling out	Bodies Respecting my body Fun Fears Growth Consent
Yr 1	Special Safe Community Consequences Rewards	Similarities Differences Bullying Celebrating	Success Achievement Learning styles Overcoming obstacles	Medicine Medication Road safety	Belonging Physical contact Preferences Celebrations	Life cycles (animal/human) Male Female Changes Consent
Yr 2	Hope Fear Fair Valuing Contributions Choices	Assumptions Stereotypes Gender Gender diversity	Realistic Strengths cooperation Contributing	Relaxation Nutrition Lifestyle	Boundaries Secrets Trust Appreciation	Life cycles (plants) Young Old Independence Consent
Yr 3	Goals Self-worth Positivity Challenges Perspectives	Diverse families Family conflict Child-centred Compliments Witness Solutions	Ambitions Enthusiasm Managing feelings Budgeting	Food labelling Healthy choices Online safety Offline safety	Roles Negotiation Diverse lives Impact	Internal External Needs Consent
Yr 4	Democracy Motivation Class Citizen Voice Peer pressure	Judgment Appearance Acceptance Influences Impressions	Disappointment Overcoming Resilience Positive attitude	Healthy friendships Smoking Alcohol Inner strength Assertiveness	Jealousy Love/loss Memories Girlfriends Boyfriends	Being unique Body changes Transition Accepting change Having a baby Consent
Yr 5	Aspirations National citizenship Conflict Vote Participation	Cultural diversity Racism Rumours Material wealth Respecting culture	Financial success Long-term Charity	Emergency aid Body image Relationships with food Healthy choices	Self-recognition Self-esteem Online communities Gaming Gambling	Self-image Media influence Puberty Conception Consent
Yr 6	Global citizenship Children's Universal Rights Group dynamics Role-modelling Anti-social behaviour	Perceptions of normality Disability Empathy Inclusion Exclusion	Success criteria Recognition Evaluating	Personal responsibility Substances Gangs Managing stress	Mental health Sources of support Control Power	Body image Physical attraction Consent