

# Suggested long-term plan: RSE & PSHE

## Overview - EYFS

### EYFS

<p><b>Autumn 1</b></p>	<p><u>Self-regulation: My feelings</u></p> <p>6 lessons</p> <p>In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.</p>	<p><b>Autumn 2</b></p>	<p><u>Building relationships: Special relationships</u></p> <p>6 lessons</p> <p>In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.</p>
<p><b>Spring 1</b></p>	<p><u>Managing self: Taking on challenges</u></p> <p>6 lessons</p> <p>In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.</p>	<p><b>Spring 2</b></p>	<p><u>Self-regulation: Listening and following instructions</u></p> <p>6 lessons</p> <p>In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p>
<p><b>Summer 1</b></p>	<p><u>Building relationships: My family and friends</u></p> <p>6 lessons</p> <p>In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p><b>Summer 2</b></p>	<p><u>Managing self: My wellbeing</u></p> <p>6 lessons</p> <p>In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>