

# Year Reception PSHE (PSED) – Learning Journey

## Empathetic

- Understanding empathy
- Showing empathy
- Feelings
- Kind words
- Sharing memories



## Valued

- Likes and dislikes
- Celebrating differences
- Kindness
- Problem solving
- Special helpers



## Summer

## Innovative

- Learning in different ways
- Setting goals
- Reflecting on achievements
- Encouraging others
- Perseverance
- Problem solving



## Responsible

- How to be responsible
- Talking with others
- Keeping safe in the local environment
- Online safety



## Spring

## Healthy

- What is healthy?
- Sleep and exercise
- Hygiene
- Brushing teeth
- Keeping ourselves safe



## Team

- Expectations
- Explore their environment
- Belonging
- Working together
- Using kind hands



## Autumn

### Golden Rules

- We are gentle
- We are kind and helpful
- We listen
- We are honest
- We work hard
- We look after property