



THE WOLDS & VALE FEDERATION



Wolds and Vale Federation PSHE/RSE - Reception

Lesson Number:	Self-Regulation: My Feelings	Building Relationships: Special Relationships	Managing Self: Taking on Challenges	Self-Regulation: Listening to and following instructions	Building Relationships: My Family and Friends	Managing Self: My Wellbeing
1.	<u>Identifying Feelings</u>	<u>My Family</u>	<u>Why Do We Have Rules</u>	<u>Simon Says</u>	<u>Festivals</u>	<u>What is Exercise?</u>
2.	<u>Feelings Jars</u>	<u>Special People</u>	<u>Building Towers</u>	<u>Listening to a Story</u>	<u>Sharing</u>	<u>Yoga and Relaxation</u>
3.	<u>Coping Strategies</u>	<u>Sharing</u>	<u>Team Den Building</u>	<u>Pass the Whisper</u>	<u>What Makes A Good Friend</u>	<u>Looking After Ourselves</u>
4.	<u>Describing Feelings</u>	<u>I am Unique</u>	<u>Grounding</u>	<u>Obstacle Races</u>	<u>Being a Good Friend</u>	<u>Being a Safe Pedestrian</u>
5.	<u>Facial Expressions</u>	<u>My Interests</u>	<u>Team Racing</u>	<u>Blindfold Walk</u>	<u>Teamwork</u>	<u>Eating Healthily</u>
6.	<u>Creating a Calm Corner</u>	<u>Similarities and Differences</u>	<u>Circus Skills</u>	<u>Treasure Hunt</u>	<u>Celebrating Friendship</u>	<u>A Rainbow of Food</u>