





Early Years Foundation Stage

The Early Years Foundation Stage (EYFS) provides many of the building blocks of PSHE and RSHE education, for example through children’s Personal, Social and Emotional Development (PSED)

			
<p>Autumn term: Friendship and bullying</p>	<p>Spring term: Foundations for wellbeing</p>	<p>Summer term: Talk Pants (NSPCC)</p>	<p>Summer term: Dental Health</p>
<p>Children will learn about friendship, kindness and getting along with others through stories, play and group activities. They will explore what it means to be a good friend, how to share and take turns, and how to be respectful.</p> <p>Children will be supported to recognise their own feelings and the feelings of others, and to use words to talk about how they feel. They will learn that friendships can sometimes involve disagreements, and simple ways to resolve these with adult support.</p> <p>Children will also learn that unkind or hurtful behaviour is not acceptable, and that it is important to tell a trusted adult if something makes them feel unhappy or unsafe. This helps build confidence, emotional wellbeing and a caring, inclusive environment.</p>	<p>Children will take part in learning that supports their emotional wellbeing and self-confidence. Through stories, games and calm, play-based activities, they will begin to understand and manage their feelings. They will learn to recognise emotions such as happiness, sadness, anger and worry, and practise expressing these safely with adult support. Children will also develop early skills such as focusing, taking turns, coping with change and calming themselves.</p> <p>This learning helps children build confidence, resilience and positive behaviour, laying strong foundations for lifelong wellbeing.</p>	<p>Children will learn important messages about keeping themselves safe in a gentle, age-appropriate way using the NSPCC’s Talk PANTS resources. They will learn that their body belongs to them and that some body parts are private.</p> <p>Lessons help children understand the difference between safe and unsafe touch, the importance of saying “no” if something feels uncomfortable, and who they can talk to if they are worried. Children will learn that it is always okay to speak up, even if they have been asked to keep a secret.</p> <p>Teaching is delivered sensitively and reassuringly to help children feel confident and protected.</p>	<p>Good oral health is a key part of children’s wellbeing and development. Healthy teeth help children eat comfortably, concentrate and enjoy learning and play. Children will learn simple, practical ways to look after their teeth, including brushing twice a day with fluoride toothpaste and understanding the importance of regular dental check-ups.</p> <p>As part of a wider focus on improving oral health, early years settings are supported by a government-funded supervised toothbrushing programme for 3–5-year-olds, helping children develop positive habits for life.</p>