

Early Years PSED programme curriculum



Children are supported to identify, recognise and name basic emotions such as happiness, sadness and anger.



Children are supported to understand what being a friend means and how to make relationships with others.



Children are supported to show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.



Children are supported to develop a personal belief of resilience and positivity.

WEEK	TITLE	FOCUS	GOALS	ACTIVITIES
1	I know lots of feelings words.	Managing feelings and behaviour	Children are supported to identify, recognise and name basic emotions such as happiness, sadness and anger.	<ul style="list-style-type: none"> • Box of Feelings • Music and Movement
2	I can use lots of different feelings words.	Managing feelings and behaviour	Children are supported to identify, recognise and name basic emotions such as happiness, sadness and anger.	<ul style="list-style-type: none"> • Nature Faces • Feelings Snap
3	I know how to make myself feel better.	Emotional self-regulation	Children are supported to show an understanding of their own feelings begin to regulate their behaviour accordingly.	<ul style="list-style-type: none"> • Calming Corner • Obstacle Course
4	I can use my words to tell others how I feel.	Managing feelings and behaviour	Children can identify and label their own emotions, finding the appropriate vocabulary to describe how they feel and communicate their emotions effectively to others.	<ul style="list-style-type: none"> • Feelings Dice • Special Treasures
5	I know what a friend is.	Making relationships	Children are supported to understand what being a friend means.	<ul style="list-style-type: none"> • Compliment Circle • Friendship High Five
6	I can choose more ways to make myself feel better.	Emotional self-regulation	Children are supported to show an understanding of their own feelings and begin to regulate their behaviour accordingly.	<ul style="list-style-type: none"> • Dragon Breaths • Yoga
7	I know lots of ways to make myself feel proud.	Self-confidence and self-awareness	Children are supported to develop a personal belief of resilience and positivity.	<ul style="list-style-type: none"> • What's Missing? • I Remember...
8	I can tell you and show you different ways I feel proud.	Self-confidence and self-awareness	Children are supported to develop a personal belief of resilience and positivity.	<ul style="list-style-type: none"> • Junk Modelling • I Am Brilliant!
9	I know how to help myself and my friends feel better.	Emotional self-regulation	Children are supported to show an understanding of their own feelings and those of others.	<ul style="list-style-type: none"> • Puzzle Party • Nature Walk
10	I know how to play together with my friends.	Making relationships	Children are supported to understand what being a friend means and how to make relationships with others.	<ul style="list-style-type: none"> • Mini Me, Mini You • Helping Hands
11	I know lots of words to use when playing with my friends.	Making relationships	Children are supported to understand what being a friend means and how to make relationships with others.	<ul style="list-style-type: none"> • Friendship Flower • Scavenger Hunt
12	I can ask for help from others to help me feel better.	Emotional self-regulation	Children are supported to show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.	<ul style="list-style-type: none"> • What Can I Do Here? • Memory Match
13	I know what to do when things are difficult so I can stay calm.	Managing feelings and behaviour	Children are supported to know how to choose their own different ways to regulate their own feelings.	<ul style="list-style-type: none"> • Puppet Story (Feelings) • Feelings Toolbox
14	I can use my feelings words to help myself feel better.	Managing feelings and behaviour	Children are supported to know how to choose their own different ways to regulate their own feelings.	<ul style="list-style-type: none"> • Puppet Story (Behaviour) • Big Art
15	I know who I can ask to help me feel better.	Emotional self-regulation	Children are supported to show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.	<ul style="list-style-type: none"> • Solution Traffic Lights • Feelings Forecast