

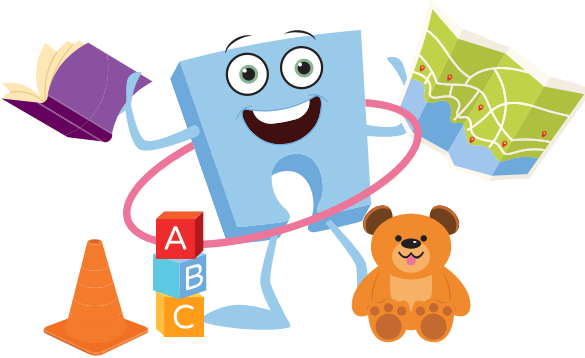
PSED Home Learning - Relationships F2

The Early Years Foundation Stage includes PSED (Personal, Social and Emotional Development) as part of the curriculum. Our setting uses the programme Jigsaw PSHE to teach this which includes opportunities for your children to learn about and experience a range of opportunities to develop their PSED skills through adult-led and child-initiated (play-based) experiences. Each term includes a new theme which is underpinned by PSED knowledge and social and emotional skills. You can see below what is covered in this puzzle and the different ways that you can support your child's learning at home through the suggested ideas.

What is Relationships?

In this Puzzle (unit); Relationships - the children are introduced to the key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children also learn about Jigsaw's Calm Me and how they can use this when feeling upset or angry.

Suggested ways that you can help your child at home...



<p style="text-align: center; font-weight: bold; color: #00a0e3;">1</p> <p>Family Photos - Look at family photographs together. Choose one which has your child and family members in.</p> <p>Your child may like to bring it in to school to be photocopied and placed on display or in our family photo album.</p>	<p style="text-align: center; font-weight: bold; color: #00a0e3;">2</p> <p>Making Friends - We have been talking about friendships. Talk to your child about who their friends are in and out of school. How can you support your child to strengthen or make new friendships?</p> <p>You may like to plan to meet up with a friend or consider making a new friend by joining a local club or group.</p>	<p style="text-align: center; font-weight: bold; color: #00a0e3;">3</p> <p>I Am Special! - What makes me special? On a piece of paper, write your child's name in the centre of the page. Include family members and friends by asking them to write down all the things that they like most about them. You can repeat this by writing a different person's name in the middle.</p>
<p style="text-align: center; font-weight: bold; color: #00a0e3;">4</p> <p>Stories - Could you find a book about showing kindness?</p> <p>I wonder if there is a kind character in a favourite book of yours...</p> <p>What is it that they do or say that makes them kind?</p>	<p style="text-align: center; font-weight: bold; color: #00a0e3;">5</p> <p>Calm Me at Home - We have been learning about ways to manage feelings using Calm Me time. Ask your child to show and explain what Calm Me time is. I wonder if they can use it at home when they may need to calm down.</p>	<p style="text-align: center; font-weight: bold; color: #00a0e3;">6</p> <p>Tea Party - Set up a tea-party for your teddies. Can you role-play your teddies being good friends. What will they say to each other? How will they treat one another?</p>