

PSED Home Learning - Changing Me 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 the 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 Changing Me?

In this Puzzle (unit); Changing Me - the children talk about what a body looks like and name some parts of the body. They talk about some of the things they can do to make sure they stay healthy like eating healthy food and exercising. They are beginning to understand that we all start as babies and grow into children then adults as we grow older. They begin to know that as they grow, they change. They talk about moving from nursery/pre-school into reception as well as the excitement/newness of this move. They talk about fond memories and identify the things they like to do in the nursery/pre-school.

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



<p style="text-align: center; color: #00AEEF; font-weight: bold;">1</p> <p>Simon Says - Play a game of 'Simon Says' and ask your child to find different parts of their body.</p> <p>Use the body part labels list to see the vocabulary that we have learnt in class.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">2</p> <p>All About Me - Create an 'All About Me' booklet which includes the foods and activities that your child likes to do to be healthy at home.</p> <p>Your child could draw, colour or even cut out pictures from a magazine of different foods, sports and hobbies etc.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">3</p> <p>Growing Up - Have a look at family photographs together. Talk about how you or other family members have changed and grown up. Talk about the things you liked to do and play with when you were little.</p>
<p style="text-align: center; color: #00AEEF; font-weight: bold;">4</p> <p>Moving to Year 1 - Ask your child how they are feeling about moving to Year 1. Talk about the things that they are looking forward to and any fears/worries that they may have. Write them down on a piece of paper to be shared in the class worry box for Jigsaw Jack to read.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">5</p> <p>Learning Something New - Ask your child what they are looking forward to learning about when they move to Year 1.</p> <p>Take a look at the school's website or class page together (if available) to find out what you will learn about in Year 1.</p> <p>You may like to look at a subject in which your child may have a special interest such as Art, PE, Geography etc.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">6</p> <p>Happy Memories - Tell your child all the things that they have done and achieved this year that make you feel proud.</p> <p>Ask your child to think about the things that make them feel proud.</p> <p>Share happy memories of the year.</p>