

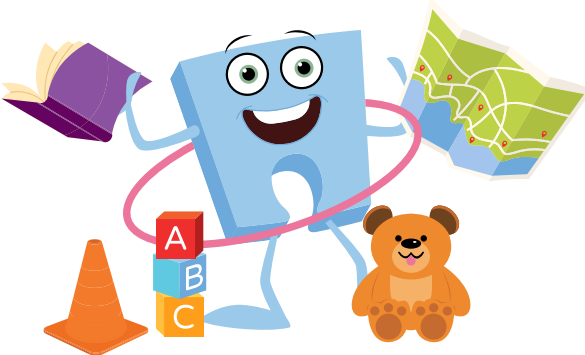
PSED Home Learning - Being Me in My World F2

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 child 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 Being Me in My World?

In this Puzzle (unit); Being Me in My World, the children talk about how they have similarities and differences from their friends and how that is OK. They begin working on recognising and managing their feelings, identifying different ones and the causes these can have. The children talk about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children talk about what it means to be responsible.

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



<p style="text-align: center; color: #00AEEF; font-weight: bold;">1</p> <p>Favourite Toys - Talk to your child about the activities, toys, and games that they like to play with at home.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">2</p> <p>Feeling Chart - Create a feelings chart together.</p> <p>Draw pictures of different emotions; happy, sad, angry and excited. Display it in your home and encourage your child to notice how they are feeling, using their chart. Encourage them to explain why.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">3</p> <p>Play a game - Play a game together!</p> <p>Choose a game that involves taking turns, listening and working together. Perhaps a puzzle, board game, or card game.</p>
<p style="text-align: center; color: #00AEEF; font-weight: bold;">4</p> <p>House Hunt - Go on a house hunt together! Ask your child to find 3 items that are smaller than their hand and 3 things that are bigger than their hand.</p> <p>Model our phrase: "Hands are best when they are kind"</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">5</p> <p>Library - Take a walk (or a bike ride, jog, or scoot etc.) to the local library.</p> <p>It is free to sign up and borrow books. Ask your child to choose a book that interests them! Enjoy looking at books together.</p>	<p style="text-align: center; color: #00AEEF; font-weight: bold;">6</p> <p>Special Job - Give your child the opportunity to practise being responsible. Ask them to take care of something special for the day, this could be a special teddy bear, toy, or other object.</p> <p>Your child may have chosen to plant cress during their continuous provision time. Encourage them to take care of it to help it grow!</p>