

Reception, Term 2B

Programme of study summary

Good to be me

Developing children's self-awareness, managing feelings and empathy

| Wk | Learning Objectives | Areas of Development and Aspects of Learning |
|----|---|---|
| 1 | I can talk about feeling happy and what makes me feel happy | CL – Listening, Understanding, Speaking PSED – Making relationships, Self-confidence, Managing feelings and behaviour UW – People and communities |
| 2 | I know what it is to feel excited | |
| 3 | I can understand why I might feel proud | |
| 4 | I can talk about what I like doing | |
| 5 | I know how to share | CL – Listening, Understanding, Speaking PSED – Making relationships, Self-confidence, Managing feelings and behaviour |
| 6 | I can understand how to manage my upset feelings | |

Intended Learning Outcome

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|------------------------|--|
| Knowing myself | I can tell you the things I like doing and the things I don't like doing I can say how I feel when I am feeling proud |
| Understand my feelings | I can tell when I am feeling excited I can tell or show how I feel when I am excited I can say and show you when I am feeling good and happy I can tell or show what feeling proud looks like |
| Managing my feelings | I can stay still and quiet for a short time I can relax with help |
| Standing up for myself | I can say what I need I can stand up for my own needs and rights without hurting others |