



Reception - EYFS			
Self Regulation: My Feelings	Lesson 1	Identifying my Feelings	Learning how to identify feelings and associating feelings with different colours.
	Lesson 2	Feelings Jars	Using their understanding of feelings children create feeling jars and use them to identify and express feelings.
	Lesson 3	Coping Strategies	Exploring coping strategies to help regulate emotions and identifying how characters within a story might be feeling.
	Lesson 4	Describing Feelings	Learning the appropriate vocabulary to describe different emotions.
	Lesson 5	Facial Expressions	Exploring different facial expressions and identifying the different feelings they represent.
	Lesson 6	Creating a calm corner	Learning to identify different feelings based on corresponding facial expressions and exploring ways to moderate behaviour, socially and emotionally.
Building Relationship: Special Relationships	Lesson 1	My family	Discussing families, why we love ours and understanding that all families are valuable and special.
	Lesson 2	Special People	Identifying people who are special to us through discussion and drawing and thinking about what it means to be a valued person.
	Lesson 3	Sharing	Learning the importance of sharing with others and strategies for doing so, through role play activities and discussion.
	Lesson 4	I am Unique	Learning to see themselves as a valuable individual and understanding that it is a positive thing to enjoy and like different things to others.
	Lesson 5	My Interests	Exploring how they see themselves as individuals through discussions, drawing and sharing interests in pairs, as a group and as a class.
	Lesson 6	Similarities and Differences	Exploring diversity through activities and discussion about similarities and differences and understanding that we are all unique.



Reception - EYFS			
Managing Self: Taking on Challenges	Lesson 1	Why do we have rules?	Learning to understand why rules are important and why we have them through activities and games, allowing children to implement and follow rules.
	Lesson 2	Building Towers	Learning to understand the importance of persistence in the face of challenge through teamwork activities, developing confidence in their own ability to solve problems,
	Lesson 3	Team Den Building	Learning to work together as a team to overcome challenges by communicating effectively with others to build a den.
	Lesson 4	Grounding	Learning 'grounding' coping strategies and how to use them in different situations.
	Lesson 5	Team Races	Learning to understand the importance of perseverance in the face to challenge through team racing
	Lesson 6	Circus Skills	Through resilience and perseverance, children discover how to face and complete challenges when learning circus skills.
Self Regulation: Listening & Following Instructions	Lesson 1	Simon Says	Learning the importance of listening carefully by playing recall games
	Lesson 2	Listening to a sort	
	Lesson 3	Pass the whisper	Understanding the importance of listening carefully, telling the truth and thinking of others' feelings.
	Lesson 4	Obstacle Races	Following instructions or actions and persevering when things get difficult.
	Lesson 5	Blindfold walk	Learning to follow instructions involving several ideas or actions and giving simple instructions.
	Lesson 6	Treasure Hunt	Learning to listen and respond to phrases and instructions.



Reception - EYFS			
Building Relationship: My family and Friends	Lesson 1	Festivals	Thinking about the perspectives of others in the class and learning about how different beliefs celebrate special times.
	Lesson 2	Sharing	Understanding why sharing is important.
	Lesson 3	What makes a good friend	Understanding the characteristics that make a good friend.
	Lesson 4	Being a good friend	Learning the importance of supporting others by being kind.
	Lesson 5	Teamwork	Understanding the importance of perseverance in the face of challenge.
	Lesson 6	Celebrating Friendship	Planning a party to celebrate the special friendships within the class.
Managing Self: My Wellbeing	Lesson 1	What is exercise?	Learning about the importance of exercise and exploring how exercise affects different parts of the body.
	Lesson 2	Yoga and Relaxation	Exploring yoga, guided meditation and relaxation.
	Lesson 3	Looking after ourselves	Understanding why it is important to be able to take care of oneself.
	Lesson 4	Being a safe pedestrian	Explore what it means to be a safe pedestrian.
	Lesson 5	Eating healthily	Explore what it means to eat healthily.
	Lesson 6	A rainbow of food	Understanding the importance of healthy food choices and what a balanced diet is.