Coley Primary School – Knowledge Organiser

FOCUS: PSHE	Nursery

RELATIONSHIPS

What makes me special? What makes me different?

Knows some of the things that make them unique, and can talk about some of the similarities and differences in relation to friends or family ***(The World).***

Some things about us might be the same, but we also have differences.



Hair, eye colour, skin colour, height, things we

Key Words			
same	different	family	friend
mummy	daddy	sister	brother
special	home	kind	caring
choices	feelings	safe	happy
sad	worried	helping	sharing
like	dislike	play	people

My special people

Has a sense of own immediate family and relations and shows affection and concern for people who are special to them ***(People and Communities).***

- People who look after us
- People who we care abou
- Family
- Friends



Making choices and keeping safe

Shows confidence in asking adults for help and confident to speak to others about own needs, wants, interests and opinions ***(Self-confidence and Self-awareness).***



It is important that we…

- Know who we can go to if we need help
- Make good choices – be kind and helpful
- Try to communicate our prefe
- Express when we do not like something



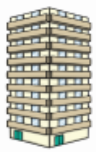
My home

Confident to talk to other children when playing, and will communicate freely about own home and community ***(Self-confidence and self-awareness).***

- People live in different kinds of homes
- They might look different and have different things inside



detached house



flats



terraced house

Being a good friend

Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults. ***(Making Relationships).***



Being a good friend can mean:



- Sharing
- Initiating play
- Helping each other
- Letting others join in
- Kind hands





My feelings and emotions

Can express their own feelings such as sad, happy, cross, scared, worried and is aware of own feelings ***(Managing Feelings and Behaviour).***

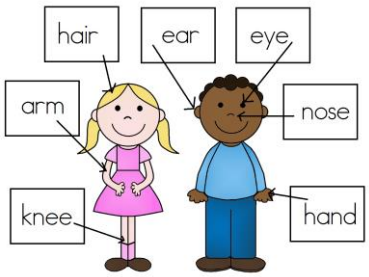
Sometimes we might feel…



sad scared angry happy

HEALTH AND WELLBEING

My body



Other key words: Face, mouth, legs, feet, neck, tummy, back, clothes, shoes

What we need to be healthy

Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health ***(Health and Self-care).***

For a healthy body we need:





- To eat a healthy range of foods
- Exercise
- To drink lots of water
- To keep our body clean and brush our teeth
- Sleep

Likes and dislikes

Expresses own preferences and interests ***(Self-confidence and Self-awareness).***

We should build the confidence to be able to…

- Express that we do not like something
- Talk about things that we do like
- Tell someone we want space, or that we do not want to be touched





Key Words			
body	ears	mouth	nose
eyes	hands	knees	head
tummy	heart	healthy	unhealthy
food	exercise	sleep	drink
tired	unwell	wash	clean
medicine	rest	like	dislike
feelings	growing	changing	safety
happy	sun	hot	cold

Growing and changing

Developing an understanding of growth, decay and changes over time ***(The World).***

We grow up and we and change…





…and our environment changes too.

Keeping Safe

We need to keep safe when…

- It's hot outside – wearing a hat and sun cream can help protect us from the sun
- We're not very well – listening to a doctor and sometimes taking medicine can help us



