

# The start of our PSHCE journey

## **PSHCE in Reception**

### **Being Me:**

- I know my place in my family.
- I know why rules are important and follow them.
- I can work well with others and make them feel welcome.
- I know what I like/don't like.
- I am becoming more independent.

### **Celebrating Difference:**

- I notice differences between people.
- I can use kind words.
- I can think about how others are feeling.

### **Dreams, Goals and Aspirations:**

- I can keep trying even when things are tricky.
- I have a 'can do' attitude.
- I can achieve my goals. I can help others to achieve their goals.
- I show an interest in the jobs people do.

### **Healthy Me:**

- I can make healthy choices.
- I can keep myself and others safe.
- I know how to be a good friend.
- I know how to keep calm.

### **Relationships:**

- I know how to make friends.
- I can take turns.
- I know how to help myself and others when we feel upset.
- I show confidence in new social situations.

### **Changing Me:**

- I understand that everyone is unique and special.
- I can talk about my feelings and emotions.