

Talking about ways we can keep healthy e.g. healthy eating, teeth brushing, exercise, sleep, road safety.

Knowing some strategies to regulate emotions.

Naming different feelings e.g. happy, worried and understand how others might be feeling.

**WHAT  
PSHE  
MIGHT LOOK  
LIKE IN  
THE EYFS**

Talking about what makes a good friend.

Understanding what makes them special, valued and unique.

Understanding all families are valuable and special.

Recognising rules keep everything fair, safe and enjoyable for everyone.

