KNOWLEDGE ORGANISER

PSHE	HEALTH AND WELLBEING	EYFS

Cross curricular links	Key skills	Key Vocabulary/definitions
Literacy – communicating thoughts and feelings using spoken language. **Physical Development** – identifying skills they have.	To learn about feelings. To know about mental wellbeing. To know about where they live and belong. To feel good about themselves. To be aware of themselves, their skills and what they can do.	**Feelings –** an emotional state or reaction **Mental wellbeing** – to understand what makes them feel good about themselves and the activities they can do to support this. **Belong** – understanding where they live, the different community groups they are part of. **Skills** – to name some things they are good at.

Pictures/photos relevant to topic

Useful information

Home activities
Take part in an online yoga class. We take learning breaks in school and take part in a yoga session to support our mental and physical wellbeing. https://www.youtube.com/watch?v=jSZvMHlw9vs

Visit a library and read stories that discuss feelings.

Online games/resources
Visit BBC Bitesize and explore the collection 'Feeling better'.
https://www.bbc.co.uk/teach/class-clips-video/pshe-early-years-foundation-stage-ks1-feeling-better/zm2st39