


KNOWLEDGE ORGANISER

PSHE	HEALTH AND WELLBEING		EYFS
Cross curricular links	Key skills	Key Vocabulary/definitions	
<p>Literacy – communicating thoughts and feelings using spoken language.</p> <p>Physical Development – identifying skills they have.</p>	<p>To learn about feelings.</p> <p>To know about mental wellbeing.</p> <p>To know about where they live and belong.</p> <p>To feel good about themselves.</p> <p>To be aware of themselves, their skills and what they can do.</p>	<p>Feelings – an emotional state or reaction</p> <p>Mental wellbeing – to understand what makes them feel good about themselves and the activities they can do to support this.</p> <p>Belong – understanding where they live, the different community groups they are part of.</p> <p>Skills – to name some things they are good at.</p>	
Pictures/photos relevant to topic			
			
Useful information			
<p>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=iSZvMHIw9vs</p> <p>Visit a library and read stories that discuss feelings.</p> <p>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</p>			