

Personal, Social and Emotional Development

Encourage children to develop their feelings of pride and self worth through activities such as 'what am I good at?'

Emotions work- explore different emotions, linking them to things that we love, like, dislike. Use mirrors to mimic and copy other people's expressions, discuss facial features-what is the same?

Friends and family, describing who they are and why they are important.

Turn taking games with friends.

Trying out new activities and discussions-did we like it/not like it?

Routines and rules in different places, for example, we are quiet in a library, but we can run around and be loud outside playing football.

Mindfulness activities, explore how they make us feel and how they can help.

Self-regulation activities and discussions.

Baby pictures, to adult 'who is it?'

Circle games - e.g. descriptive 'who is it?' games.

Family trees.

Communication and Language

Talk with the children about our favourite things-what is our favourite colour? Toy? Food?

Enable descriptive words when asking them to describe things; what colour is their pet? How big is their house? What does their favourite food taste like?

Songs which highlight body parts, such as 'heads, shoulders, knees, toes'

Modelling asking questions of others, for example, asking our friends 'what is your name?' 'What do you like to play with? Continue to use the visual cards alongside (can I play with you/ can you play with me)

Play charades in small groups which encourage the use of body gestures and facial expressions.

Discuss ourselves, our family and our friends.

Physical

Use the playdough mats with blank faces and use playdough to create a person-great for fine motor skills.

Discover different ways in which we can use our bodies. Discuss keeping active and healthy and how it helps us.

Using yoga and describing how we feel before/ after.

Play ring games with our friends.

Using small and large equipment to develop our physical skills.

Using tools safely, what do they help us to achieve?

Taste sense-use different food items to describe the taste-do we like it? Not like it? Why?

How we grow and change-healthy eating, exercise, keeping safe, building independent skills.

Marvellous Me

Literacy

Stories, poems and books which encourage focus on us, emotions and diversity.

Mark making activities, enjoying and achieving what we had set out to do and distinguishing between the different marks we make.

Practise writing our own names and other labels when creating our work.

Creating names using individual letters.

Find out the meanings of our names/surnames.

Mathematics

Create life size pictures of ourselves, discuss sizes—who is the tallest? Shortest? Are we all the same size?

Use shapes to create pictures of our homes, extend with numbers on our houses, on our family member's houses.

Comparing family members or friends and arranging simple graphs such as 'how many have blue eyes? How many have short hair?

Ordering and sequencing our own daily routines.

Ordering by properties, size, colour and so on.

How many letters are in our name?

Understanding The World

Go outside and focus on our senses! What can we see?hear? smell?touch?

Start a weather diary, what kind of weather is your favourite? What is your family member's favourite weather?

Invite children to bring in photos of themselves and family members—discuss similarities and differences.

Learn about different parts of our body—explore differences and what makes us unique.

Use the stereognostic bag to feel different objects, exploring our touch sense.

Explore shadows!

Maps of route from home to nursery (discussions about our addresses)

Expressive Arts and Design

Self portraits using a range of mediums and materials.

Explore fingerprints—we are all unique!

Listen to our favourite songs, what is everyone's favourite? Create a picture diagram to show visually our choices!

Create eye pictures, using different mediums and materials.

Creating pictures of our family.

Creating pictures of pets, if we have them.

Using the role play area to develop our social skills, and creative expression.

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