

## EYFS (Reception) units

### Self-regulation: My feelings

In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.

Lessons: 6

[View lessons](#)

### Building relationships: Special relationships

In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.

Lessons: 6

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### Managing self: Taking on challenges

In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.

Lessons: 6

[View lessons](#)

### Self-regulation: Listening and following instructions

In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.

Lessons: 6

[View lessons](#)

### Building relationships: My family and friends

In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.

Lessons: 6

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### Managing self: My wellbeing

In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.

Lessons: 6

[View lessons](#)

Unit overview for Years 1-6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Introduction to PHSE lesson.</p> <p>Citizenship Unit</p>	<p>Health and Wellbeing</p>	<p>Economic Wellbeing</p>	<p>Family and Relationships</p>	<p>Y6 only: Identity</p> <p>Safety and the changing body.</p>	<p>Safety and the changing body.</p> <p>Transition Lesson</p>