



EYFS - Spring 2 - Personal, Social and Emotional Knowledge Organiser

What I already know...

What a challenge is. Why it is important to keep trying. I know how what a goal is and how to set and work towards it. To use kind words. I must work hard now in order to be able to achieve the job they want when they are older.

What I will learn...

- To know the names for some parts of their body.
- To know what the word 'healthy' means.
- To know some things that they need to do to keep healthy.
- To know that they need to exercise to keep healthy.
- To know how to help themselves go to sleep and that sleep is good for them.
- To know when and how to wash their hands properly.
- To know what to do if they get lost.
- To know how to say No to strangers.
- They talk about hand washing and why it is important.

Key Vocabulary

Healthy	In a good physical or mental mind-set.
Unhealthy	Is likely to cause illness or poor health .
Diet	The food and drink that a person eats.
Teeth	Are used for biting and chewing.
Hygiene	The practice of keeping clean to stay healthy.
Exercise	To take part in bodily activity for the sake of improving physical fitness.
Self care	Is about being a champion for your own mental and emotional well-being.



Making a difference at The Merton and beyond

During this topic the children will be focusing on learning about their bodies; the names about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss stranger danger and what they should do if approached by someone they don't know.

