

Jigsaw unit title & focus:

Autumn 1: BEING ME IN MY WORLD

I can tell you I am in nursery and who some of my friends are. I will play and learn in nursery and let the other children play and learn too.
Meadows Wellbeing wheel link: **Friendly Me/unique Me**



Autumn 2: CELEBRATING DIFFERENCE

I can tell you about my family. I know that all families are different. I can tell you about my home. I know there are lots of different houses and homes. Meadows Wellbeing wheel link: **Unique Me**



Spring 1: DREAMS AND GOALS

I like to try to do new things. If it is tricky I will keep trying hard to do it. I can help other children if they are finding something tricky.
Meadows Wellbeing wheel link: **Clever Me**



Spring 2: HEALTHY ME

I know the names of some of my body parts. I know what healthy means and that some foods are healthier than others. I know how to help myself go to sleep. I can wash my hands. I know how to say no to strangers.
Meadows Wellbeing wheel link: **Safe Me/Active Me**



Summer 1: RELATIONSHIPS

I can tell you about my family. I know how to make. I know what to do if someone is mean. I have ways to stay calm when I'm feelings cross.
Meadows Wellbeing wheel link: **Friendly Me**



Summer 2: CHANGING ME

I can name some of my body parts. I can tell you some of the things I can do. I can talk about how I feel about moving to Reception.
Meadows Wellbeing wheel link: **Clever Me**



Key Vocabulary

| Term | Some key words / phrases we will use and learn |
|----------|----------------------------------------------------------------------------------------------|
| Autumn 1 | friends, take turns, share, happy, sad, kind hands. |
| Autumn 2 | mummy, daddy, brother, sister, house, flat, apartment etc. |
| Spring 1 | Challenge, tricky, practice, improve, horrible, kind, nice, job, uniform, equipment |
| Spring 2 | Body words eg shoulders, heart, sugar, healthy, unhealthy, bedtime, quiet, clean, strangers, |
| Summer 1 | Family words eg brother, family, friend, happy, kind, unkind, sad, happy, angry, cross, calm |
| Summer 2 | some body parts e.g. nose, eyes, feet, school, scared, brave, excited. |

Links to Rights respecting article links

- I have the right to Friends. (Article 15)
- I have the right to be safe. (Article 19)
- I have the right to be listened to (Article 12)
- I have the right to play and rest. (Article 31)
- I have the right to water and food. (Article 24)
- I have the right to a good quality education. (Article 28)

Calm Me

Each lesson we will also have a "calm me" section. This fits in well with our **Calm Me** mouse.

