

CHIPSTEAD VALLEY PRIMARY SCHOOL

Wellbeing Curriculum Overview

Nursery

Relationships

- How we take turns and share with our peers
- How we can be kind with our hands and our feet
- Zones of regulation
- Using the names of feelings
- Learning to manage my own behaviour
- What makes me feel good?
- What makes me feel sad?
- Beginning to learn to independently resolve conflict
- Being Reception/school ready!
- Ways to help me to manage my big feelings
- How to share our feelings with a trusted adult
- What does it mean if we lose e.g. a belonging, which we really like?
- Ways to regulate ourselves if we lose something we really liked.

Online Safety

- Safer Internet Day
- Who to speak to if there is something on my screen, that shouldn't be there
- What to do to if there is something on my screen, that shouldn't be there

Keeping Safe

- Keeping Safe Week
- Police visit
- NSPCC Pantasaurus
- The people who help to keep us safe in school and at home.
- How to spot a 'friendly stranger'
- Understanding that I cannot leave nursery alone
- Who the emergency services are and 999
- What to do if we feel unsafe or worried

Health and Wellbeing

- Different ways to keep ourselves healthy
- That healthy eating, getting enough exercise and sleep are all important
- That keeping active can help to keep us healthy
- The importance of hygiene
- Sun safety and being safe at the beach/around water
- The things we need to do as part of our morning routine before school
- What is mental health?

Equality and Diversity

- Celebrating the similarities and differences within our class
- Knowing that family is an important group that I belong to
- Different jobs in our community

Being a Responsible Citizen

- How we can care for our animals and pets
- That some people have special jobs in our community e.g. doctors, nurses, vets etc, who care for living things
- What can we do to make our world better?
- What is money used for?
- Introduction of coins and notes
- That coins, notes and bank cards are used to pay for things
- Roleplaying shops – only spending what we have