

EYFS



Personal Safety

- I can recognise that I can say 'no' / 'please stop' / 'I'll tell' / 'I'll ask' to somebody who asks me to do something that makes me feel sad, embarrassed or upset.
- I can identify rules that help keep us safe and healthy in and beyond the home and when using technology.
- I can identify some simple examples of my personal information (e.g. name, address, birthday, age, location).
- I can describe the people I can trust and can share information with; I can explain why I can trust them.

Social and Emotional Skills

- I am aware of my own feelings and the feelings of others, and know that some actions and words can hurt others' feelings or make them feel happier.
- I am confident to speak to others about own needs, wants, interests and opinions.
- I am aware of the boundaries set, and of the school rules.
- I am beginning to be able to negotiate and solve problems without aggression.
- I know the names of my friends and significant adults.
- I am beginning to initiate play with others.

Personal Care

- I eat a healthy range of foodstuffs and understand the need for variety in food.
- I know when to blow my nose.
- I show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
- I show understanding of the need for safety when tackling new challenges, and consider and manage some risks.
- I know when I need the toilet and to wash my hands afterwards.

Understanding the World

- I remember and can talk about significant events from my own experiences.
- I show interest in different occupations and ways of life.
- I know some of the things that make me unique, and can talk about some of the similarities and differences in relation to friends or family.
- I enjoy joining in with family customs and routines.
- I have an awareness of days of the week.

Please ask your child's class teacher if you have any questions regarding this document and its use. A separate document will be re-released regarding our Relationships and Sex Education guidance before term 6.