

# EYFS Progression in PSHE

Resilience	Mental Wellbeing	Relationships	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
<ul style="list-style-type: none"> <li>• I will know that we all feel sad</li> <li>• I will know that we all feel different feelings</li> <li>• I will know that everyone feels anger</li> <li>• I will know that everyone faces difficult things</li> <li>• I will know how to try something new</li> <li>• I will know that mistakes can lead to learning</li> </ul>	<ul style="list-style-type: none"> <li>• I will know who to talk to when I am feeling upset</li> <li>• I will know the different thought gremlins that affect me</li> <li>• I know the values that are important to me</li> <li>• I know how to show gratitude for the important things in my life</li> <li>• I know the challenges that impact on my life</li> <li>• I will know the habits that keep me healthy and boost my wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• I will know what caring families do</li> <li>• I will know the danger signs in online relationships</li> <li>• I know the different types of bullying</li> <li>• I know how to collaborate</li> <li>• I know how to recognise stereotypes</li> <li>• I will know the causes of violence</li> </ul>	<ul style="list-style-type: none"> <li>• I will know the importance of being clean and hygienic</li> <li>• I will know that some things need to be kept private</li> <li>• I will know what to do if someone's touch makes me feel unsafe</li> </ul>	<ul style="list-style-type: none"> <li>• I will know how tiredness affects my actions.</li> <li>• I will know the importance of fruit and vegetables</li> <li>• I know why exercise is good for us.</li> <li>• I will know the dangers of screen time.</li> <li>• I know how to stay safe on the internet</li> <li>• I know how to reduce the risk of hazards at home</li> </ul>	<ul style="list-style-type: none"> <li>• I will know what caring friends do.</li> <li>• I will know how to help when someone finds something hard.</li> <li>• I will know when to tell an adult when something serious happens.</li> <li>• I will know that friends tell the truth to each other.</li> <li>• I will know not to do something just because someone tells me to do it.</li> <li>• I will know to share what is important to me.</li> </ul>	<ul style="list-style-type: none"> <li>• I will know that we can learn things from different people.</li> <li>• I will know how to care for my community.</li> <li>• I will know that it is possible to get better at anything so long as you listen, learn from your mistakes and practise.</li> <li>• I will know that you should not bring money into school.</li> <li>• I will know how to deal with losing well.</li> <li>• I will know that change can be tricky.</li> </ul>