

EYFS Overview					
Term 1: Transition	Term 2: Self-regulation: My feelings	Term 3: Building relationships: Special relationships	Term 4: Building relationships: My family and friends	Term 5: Managing self: Taking on challenges	Term 6: Managing self: My wellbeing
The EYFS team will use this term to concentrate on transition into reception.	In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.	In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about	In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.	In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills	In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and how to care for themselves.

		similarities and differences.		that will help them show resilience and perseverance in the face of challenge.	
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