

This half term we will be following the SCARF PSHE unit 'Being my Best' across the school. This unit allows children to explore the concept that everyone has the right to respect and how we can be respectful towards others.

EYFS- Foxes and Badgers	Year 1- Owls and Hedgehogs	Year 2- Rabbits and Squirrels
<p>The children will explore a range of foods, grouping them into proteins, fruits, vegetables, carbohydrates etc. They will plan a picnic for Harold using the 'Eat Well' plate to ensure he has a balanced meal. The children will also develop their understanding of their own mental wellbeing and how mindfulness activities, connecting with others, being active and generosity can help them to feel calm and happy. They will try a range of fun challenges in games to develop their resilience and confidence.</p>	<p>This unit helps to support an understanding of a healthy, balanced diet and how that enables us to feel our best. The children will identify fruits and vegetables whilst learning that five portions a day are important for helping us to maintain a healthy body. They will begin to develop an understanding of how we can stop the spread of germs by learning the phrase 'Catch it! Bin it! Kill it!' through looking and posters and watching videos about the importance of handwashing. The unit concludes by encouraging children to praise each other, celebrating their friends' achievements and resilience.</p>	<p>The children will continue to revisit the idea of resilience and how they can approach difficult tasks in small steps. They will encourage each other to keep trying and keep practising as they engage with a variety of challenges. They will explore the 'learning line'; identifying a skill they currently find difficult and what they need to do to reach their goal. They will also learn about the functions of the different parts of the body and how we can do our best to look after our physical and mental health.</p>

Books you could share about being my best together at home:

