

### Self - Care

- Handwashing
- Dental hygiene
- Personal hygiene
- Hair care
- Laundry

### Rights & Responsibilities

- Exploring school rules and how they are in place to keep everyone safe.
- Understanding how a tidy environment helps us to play and learn.

### The World Around Us

- Exploring how and why people go on holiday.
- Sharing our own experiences of holidays.

## Looking good, feeling good

Pear Base (Year A)

Autumn 1

An introductory topic for children to begin to recognise their emotions, how to care for their physical and emotional wellbeing and be a responsible member of the community.

### Community Involvement

- Participating in enjoyable activities within the community.
- Exploring how exercise can impact our physical and mental well-being.
- Identifying how to stay safe in the community.

### British Values

- Identifying our likes / dislikes and what makes us feel good.
- Noticing our strengths and what we are good at.
- Exploring our own religions and beliefs.

### Life Skills and Employment

- Noticing things that make us and others feel good.
- Keeping their own area tidy.
- Exploring friendly and unfriendly behaviours.

| <u>Useful links</u> | <u>Related books / texts</u> | <u>Videos</u> | <u>Activity suggestions</u> | <u>Visit ideas</u> |
|---------------------|------------------------------|---------------|-----------------------------|--------------------|
|                     |                              |               |                             |                    |

**Key dates:**

National Fitness Day – 18<sup>th</sup> September

World Mental Health Day – 10<sup>th</sup> October

World Occupational Therapy Day – 27<sup>th</sup> October