



Reception PSHE Learning Targets

Health and Wellbeing - Ourselves, Growing and Changing	Recognise what makes me special.
	Show an understanding of their own feelings and those of others and regulate their behaviour accordingly.
Health and Wellbeing - Keeping Safe	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.
	Explain how this could be either in real life or online.
Relationships - Families and close positive relationships	Identify the people who love and care for me and what they do to help me feel cared for.
	Form positive attachments and friendships.
Relationships - Safer relationships	Show sensitivities to others' needs.
	Give examples of how I might use technology to communicate with people I know.
Living in the Wider World - Media literacy and digital resilience	Identify simple rules that help keep us safe and healthy in and beyond the home when using technology.
	Identify online devices I use at home and at school.
Living in the Wider World - Economic wellbeing: Money	Know what money is.