

## Reception PSHE Learning Targets

<b>Health and Wellbeing - Ourselves, Growing and Changing</b>	Recognise what makes me special.
	Show an understanding of their own feelings and those of others and regulate their behaviour accordingly.
<b>Health and Wellbeing - Keeping Safe</b>	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.
<b>Relationships - Families and close positive relationships</b>	Identify the people who love and care for me and what they do to help me feel cared for.
	Form positive attachments and friendships.
<b>Relationships - Safer relationships</b>	Show sensitivities to others' needs.
	Give examples of how I might use technology to communicate with people I know.
<b>Living in the Wider World - Media literacy and digital resilience</b>	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.
<b>Living in the Wider World - Economic wellbeing: Money</b>	Know what money is.