



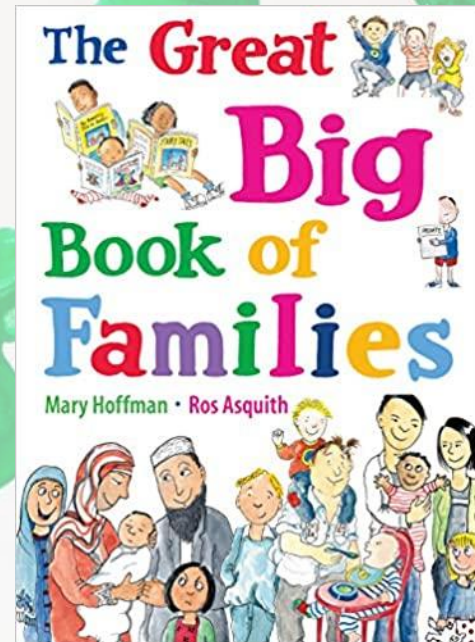
All about me & my feelings - Knowledge Organiser – EYFS Term 1

Key Knowledge

- Talk about members of their immediate family and community.
- Name and describe familiar people.
- Describe what they see, hear and feel.
- Express their feelings and consider the feelings of others.
- Think about the perspectives of others
- Manage own needs.
- Build constructive and respectful relationships.
- Show resilience and perseverance in the face of challenge.
- Use new vocabulary, e.g. adjectives to describe themselves and others.
- Use longer sentences

Key Vocabulary

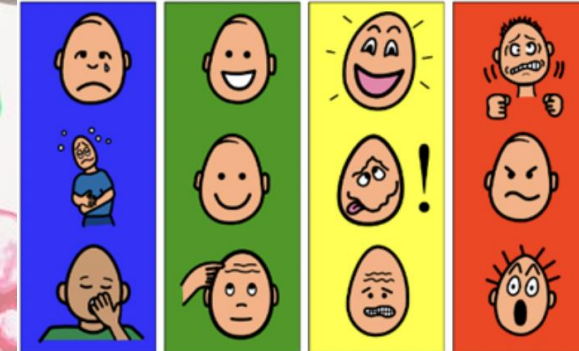
- **Friends:** a person who you know well and who you like a lot.
- **Siblings:** a sister or a brother
- **Pets:** animals that live in your home
- **Feelings:** something that you feel
- **Emotions:** how you react to a feeling
- **Zones of Regulation:** the different ways you can feel
- **Similarities:** things that are the same
- **Difference:** things that are different



Links to Other Subjects

- **Art:** Self Portrait (use a variety of artistic effects to express ideas and feelings)
- **PD:** Develop fine and gross motor skills, develop the skills they need to manage the school day successfully (lining up, mealtimes, personal hygiene)

The Zones of Regulation



Prior Learning

- Developed a sense of responsibility and membership of a community.
- Become more outgoing with unfamiliar people in a safe context.
- Develop friendships with other children
- Notice and ask questions about differences between people.
- Make connections between the features of their family and other families.

Preparing for the Future

- Work and play cooperatively and take turns with others.
- Show sensitivity to own and others needs.
- Set and work towards simple goals.
- Safely use a variety of materials, tools and techniques.
- Talk about the lives of people around them and their roles in society.