

Think Equal – Reception Overview

Autumn Term			
	Book	Objectives	Links to PHSE/RSE/Curriculum
Week 1	Marvellous Me – Maya Romer	<ul style="list-style-type: none"> - Understand the concepts 'same' and 'different' - Demonstrate self-confidence. - Celebrate similarities and differences. 	Autumn 1 - families
Week 2	These Feelings – Helen Lumgair	<ul style="list-style-type: none"> - Understand that feelings will come and go - Demonstrate strategies for managing feelings. 	
Week 3	The weather inside me! – Sheryl Webster	<ul style="list-style-type: none"> - Express their understanding of the Mood Meter - Give examples of how emotions in our bodies can feel like different types of weather - Understand that feelings come and go like the weather. 	
Week 4	See Learning A <i>Exploring kindness</i> <i>Group Agreements</i>	<ul style="list-style-type: none"> - Recognise that we all want happiness and kindness - Create a personal drawing of kindness that they can use as a resource - Explore our need for kindness in how we act with each other - Identify agreements that can help create a kind, caring room 	
Week 5	Ted the tiger tamer – Kim Normanton	<ul style="list-style-type: none"> - Name different emotions - Link emotions to feelings inside the body - Use 'Take a break, make a plan' as a tool to calm their bodies and brains and make positive choices 	
Week 6	The secret adventures of anonymouse – Natalie Lynn Rekstad & Sophie Noelle Lynn	<ul style="list-style-type: none"> - Perform acts of kindness around the school and classroom - Demonstrate an understanding that small acts of kindness can inspire other acts of kindness. 	
Week 7	Curly the Chameleon – Lulu Luckock	<ul style="list-style-type: none"> - Name at least 5 different emotions - Understand the levels of energy and pleasantness on the Mood Meter - Recognise that all emotions are okay, even the unpleasant ones. 	
Week 8	See Learning B <i>Practising kindness</i> <i>Kindness as an inner quality</i> <i>Recognising kindness and exploring connections</i>	<ul style="list-style-type: none"> - Begin developing ways of showing kindness based on the group agreements - Apply their understanding of kindness to concrete individual and collective actions. - Express kindness in terms of actions and intentions - Recognise the difference between real kindness and apparent kindness. - Create their own definition of kindness. - Recognise acts of kindness in their day - Recognise connections as something everyone shares - Recognise how the things we need come from the acts of many others. 	

Week 9	Ahmed's Journey – Jill Apperson Manly	<ul style="list-style-type: none"> - Name their five senses (sight, touch, taste, smell, hearing) - Describe what it feels like in their bodies when they have a lot of energy (heart beating quickly, breathing fast) and when they have little energy (heart beating slowly, breathing slowly and deeply) 	PE – fitness module
Week 10	Faisal's not himself – Makram Ayache	<ul style="list-style-type: none"> - Recognise that boys and girls should both express their feelings - Recognise that boys and girls can do the same things - Take the perspective of someone else (be able to describe the feelings of a person whom others have been mean to) 	
Spring Term			
	Book	Objectives	Links to PHSE/RSE/Curriculum
Week 11	Biyu the brave pea – Amulya Malladi	<ul style="list-style-type: none"> - Experience empathy and the perspective of another - Discuss nature and the cycle of life 	Spring 2 - Growth Summer 1 – Nature & Animals
Week 12	Thabo and the trees – Isabelle Duston	<ul style="list-style-type: none"> - Show a sense of responsibility for the environment - Understand the interconnectedness of all living things. 	
Week 13	See Learning C <i>Exploring sensations</i> <i>Help Now! Activities 1&2</i> <i>Help Now! Activities 3&4</i>	<ul style="list-style-type: none"> - List vocabulary words that describe various sensations - Practise paying attention to sensations - Learn 'Help Now!' strategies for regulating the body 	
Week 14	Passing clouds – Jon Cox	<ul style="list-style-type: none"> - Recognise and name different feelings - Recall strategies to help them have control over their own feelings 	
Week 15	Yoshi is different – Deshan Tennekoon	<ul style="list-style-type: none"> - Demonstrate confidence in themselves and their unique talents - Show empathy toward others who have different ideas and/or interests. 	Autumn 1 - Families
Week 16	Nisha and the tiger – Jon Cox	<ul style="list-style-type: none"> - Show compassion for all creatures – animals and humans - Express empathy towards others. 	Spring 2 - Growth Summer 1 – Nature & Animals
Week 17	Francisco's Family – Amber Paulson	<ul style="list-style-type: none"> - Understand that families often share similarities but are also different in many ways - Identify things that make their family unique 	Autumn 1 - Families
Week 18	See Learning D <i>Help Now! Activities 5&6</i> <i>Help Now! Activities 7&8</i> Review	<ul style="list-style-type: none"> - Continue to practice paying attention to sensations - Learn additional Help Now strategies for regulating the body. - Reflect on concepts and strategies taught over the course of SEE learning lessons 	
Week 19	Zelda goes on holiday – Deshan Tennekoon	<ul style="list-style-type: none"> - Demonstrate an understanding of compassion for those less fortunate than them - See things from a different perspective 	
Week 20	The monster in the smoke – Deshan Tennekoon	<ul style="list-style-type: none"> - Demonstrate an instance of critical thinking - Understand that they can speak out when they see something unfair. 	

Summer Term			
	Book	Objectives	Links to PHSE/RSE/Curriculum
Week 21	Nothando's Journey – Jill Apperson Manly	<ul style="list-style-type: none"> - Identify unpleasant emotions - Practise calming strategies - Review the five senses 	
Week 22	Reha to the rescue – Deshan Tennekoon	<ul style="list-style-type: none"> - Recognise various emotions - Demonstrate various ways these emotions can be displayed (face, body, etc) - Understand that all creatures are important and can be cared for in safe ways 	
Week 23	My amazing brain A	<ul style="list-style-type: none"> - Understand that we all have a brain - Name three things that a brain can do 	
Week 24	A tiny seed: the story of Wangari Maathai -Nicola Rijdsdijk	<ul style="list-style-type: none"> - Recognise the importance of trees - Understand that one person can make a positive difference 	Spring 2 - Growth Summer 1 – Nature & Animals
Week 25	My amazing brain B	<ul style="list-style-type: none"> - Understand that neurons create pathways in the brain - Understand that the brain is growing and can always become stronger 	
Week 26	Our home – Saarah Ahmed	<ul style="list-style-type: none"> - Demonstrate a sense of responsibility towards the environment - Tell one way they will help to care for the Earth - Name one way they will practise peace. 	Spring 2 - Growth Summer 1 – Nature & Animals
Week 27	Gokul's game – Deshan Tennekoon	<ul style="list-style-type: none"> - Continue to name and identify emotions in themselves and others (i.e lonely, left out, included) - Describe the difference between what it feels like to be lonely/left out and what it feels like to be included. - Name strategies that they can use to help others feel included. 	
Week 28	My dream in the drawer – Megan Lotter	<ul style="list-style-type: none"> - Set a long-term goal - Understand that gender does not affect one's dream's 	
Week 29	Sydney the seahorse – Cait Robertson	<ul style="list-style-type: none"> - Discuss diversity in skin colours positively - Express that people's skin is different shades of brown 	Autumn 1 - Families
Week 30	Deji and Nnedi and the very large cushion – Keno Danton Sheen	<ul style="list-style-type: none"> - Practise strategies for peaceful conflict resolution based on empathising with others conversation - Show perspective-taking skills. 	