

Think Equal – Nursery Overview

Autumn Term			
	Book	Objectives	Links to PHSE/RSE/Curriculum
Week 1	Me, Myself & I – Helen Lumgair	<ul style="list-style-type: none"> - Demonstrate a positive sense of identity. - Develop self-confidence and self-esteem. - Recognise and value similarities and differences. 	All about me – Autumn 1
Week 2	Is there anyone like me? – Fred Strydom	<ul style="list-style-type: none"> - Celebrate individuality and uniqueness. - Discuss similarities and differences. 	All about me – Autumn 1
Week 3	Amazing Daisy – Nozzizwe Herero	<ul style="list-style-type: none"> - Demonstrate self- knowledge and self- esteem. - Understand the importance of persistence (to keep trying) - Set a goal and work towards achieving it. 	All about me – Autumn 1
Week 4	Healthy Minds A- Mindful Bodies <i>(Awareness of attention & Breath. Growing a friendship with kindness)</i>	<ul style="list-style-type: none"> - Show that they pay attention to the inside. - Show that they pay attention to the outside. - Begin to learn the “Growing Friendship Wish song. - Name at least three kind ways to grow friendship. 	
Week 5	The colour poem - Helen Lumgair	<ul style="list-style-type: none"> - Begin to connect emotions and emotional words to feelings and colours. - Begin to name emotions - Become familiar with the Mood Meter. 	
Week 6	How we feel – Sybil Wettasinghe	<ul style="list-style-type: none"> - Name 2-3 emotions - Recognise that everyone has feelings 	
Week 7	Wally the wave – Riddhi Jha	<ul style="list-style-type: none"> - Name big feelings (anger, frustration, etc) - Begin to demonstrate self-regulation and impulse control - Demonstrate understanding that feelings change 	
Week 8	Healthy Minds B – <i>I can notice things when I am quiet on the inside.</i> <i>Emotions on the inside show on the outside.</i> <i>Working with emotions in a kind and friendly way</i>	<ul style="list-style-type: none"> - Notice and name sounds - Notice and name sensations - Show different emotions in their faces and bodies - Recognise different emotions in the faces and bodies of others. - Begin to learn how to independently solve problems - Speak from the heart and be a star listener. 	All about me – Autumn 1
Week 9	I have a plan – Jon Cox	<ul style="list-style-type: none"> - Show ability to listen to others’ words - Demonstrate compassion for all creatures – animals and humans. 	Nature and Animals – Summer 1
Week 10	The Wall – Sheryl Webster	<ul style="list-style-type: none"> - Understand similarities and differences - Celebrate diversity and understand and accept others - Collaborate to create a piece of group artwork. 	All about me – Autumn 1

Spring Term			
	Book	Objectives	Links to PHSE/RSE/Curriculum
Week 11	The tale of baby beetroot – Deshan Tennekoon	<ul style="list-style-type: none"> - Recognise kind behaviour - Celebrate diversity 	
Week 12	Lara the yellow ladybird – Martha Evans	<ul style="list-style-type: none"> - Demonstrate a strong sense of identity - Demonstrate an appreciation of diversity - Express self-confidence and self-esteem 	All about me – Autumn 1
Week 13	My Voice – Jose Fragoso	<ul style="list-style-type: none"> - Demonstrate self-esteem and self-confidence - Demonstrate a sense of empowerment and voice, regardless of their gender. 	
Week 14	Healthy Minds C – <i>What else can we do when we are upset?</i> <i>Mindful movement</i> <i>Forgiving myself</i>	<ul style="list-style-type: none"> - Name three things to do to calm their feelings - Experience how calming can be easier after movement. - Remember and lead animal movements - Remember a time they had an accident and know that it is okay - Give themselves a hug or an imaginary hug to help build forgiveness of self 	
Week 15	Kitchi's Moccasins – Cait Robertson	<ul style="list-style-type: none"> - Understand the importance of respecting everyone's ideas, thoughts and feelings - Think about being inclusive and kind to others who might be different to them 	
Week 16	Helping Hands – Ariela Reihill	<ul style="list-style-type: none"> - Understand that kind actions make a positive difference - Name and appreciate contributions by people in their lives - Understand that all jobs can be performed by both men and women. 	
Week 17	Diego's great idea – Makram Ayache	<ul style="list-style-type: none"> - Understand that no one should be excluded - Explore friendships with those who are different to them - Recognise feelings and experience empathy 	
Week 18	Head, Heart and Hands – Riddhi Jha	<ul style="list-style-type: none"> - Further develop their perspective-taking skills - Understand kindness - Associate the head with thought, heart with emotion and hands with actions 	
Week 19	My amazing brain (linked to book Head, Heart and Hands)	<ul style="list-style-type: none"> - Understand that we all have a brain - Name one thing that the brain can do 	Growth – Spring 2
Week 20	Healthy Minds D – <i>Forgiving others</i> <i>Gratitude for people or things in my life</i> <i>Gratitude for other people</i>	<ul style="list-style-type: none"> - Learn to apologise sincerely and offer help to another - Say how it feels on the inside to forgive someone - Name one thing they are grateful for and why - Describe how gratitude feels on the inside - Name people in their community who help them - Say 'thank you' when someone does something kind for them. 	

Summer Term			
	Book	Objectives	Links to PHSE/RSE/Curriculum
Week 21	Home – Helen Lumgair	<ul style="list-style-type: none"> - Understand that all people deserve shelter - Understand that homes around the world look different 	Holidays – Summer 2
Week 22	A time to be noisy – Sheryl Webster	<ul style="list-style-type: none"> - Recognise feelings of excitement and frustration - Identify strategies to help regulate emotions - Understand that all emotions and feelings are okay 	
Week 23	I love my planet – Patrick Bartsch	<ul style="list-style-type: none"> - Demonstrate a sense of responsibility for Earth - Understand the importance of saving our natural resources - Understand the interconnectedness of all living creatures. 	Growth – Spring 2 Nature and Animals – Summer 1
Week 24	Anjali's kite – Amulya Malladi	<ul style="list-style-type: none"> - Understand the importance of kindness and sharing - Take the perspective of others - Work collaboratively. 	
Week 25	Healthy Minds E <i>Connections with others</i> <i>Caring for animals and insects</i>	<ul style="list-style-type: none"> - Identify ways in which we depend on others - Describe how it feels on the inside when someone is kind to them - Offer a smile to others and share happiness - Tell how it feels on the inside to be kind to animals - Tell how they can take care of animals 	
Week 26	Sizwe's smile – Vianne Venter	<ul style="list-style-type: none"> - Understand that positive actions can have a positive effect on others and ourselves. 	
Week 27	My special hair – Candice Dingwall	<ul style="list-style-type: none"> - Value themselves and express a healthy sense of identity - Celebrate diversity. 	
Week 28	Mum loves me so much/Dad loves me so much – Joel Assogba	<ul style="list-style-type: none"> - Understand that everyone deserves to feel loved and cared for - Recognise gender equality in family roles. 	
Week 29	Healthy Minds F – <i>Gratitude and caring for our world</i> <i>Bringing it all together</i> <i>Wrap up</i>	<ul style="list-style-type: none"> - Name three gifts the Earth gives to us - Name three ways they can take care of the Earth - Reflect on their learning - Share acts of kindness and ways to spread kindness 	Growth – Spring 2 Nature and Animals – Summer 1
Week 30	Caring animals (Lalela stories 1) – Various children	<ul style="list-style-type: none"> - Develop their own narratives as a reflection of the Think Equal content - Understand and explain how to create a book 	