Pre-School PSHE: Think Equal – Long Term Planning

Week	Book	Theme/Topic	Resources
1	Me, Myself and I	Identity and Self - Esteem	Book, mirror, Hand template pg1, Shades of brown cards pg 2, Puzzle example pg3, Pre-cut puzzle pieces pg 4, Flipchart paper & art supplies
2	Is there anyone like me?	Identity and Self – Esteem	Book, Okapi templates pg 5, Art materials
3	Amazing Daisy	Identity and Self - Esteem	Book, Noisy object (keys/bells), Pg 6 – our goals, Daisy template pg 7, Red/orange paint, wet wipes/paper towels, markers
4	A – Mindful Bodies & Awareness of Attention & Breath / Growing Friendship with Kindness / Mindful Bodies and Awareness of Attention & Breath	Healthy Minds	Bell, container to hide bell, scarf/pinwheel, kindness garden materials (?) Belly Buddies, bucket with stones & covering,
5	The Colour Poem & Mood Meter (not a book) The Sami Story	Identity and Self - Esteem	The Colour Poem – pg 10, The Sami Story – Pg 11, Emotion Cards – pg 12 Mood Meter template pgs 15-18 & white tac
6	How we Feel	Feelings and Emotions	Book, Mood Meter, Mirror, Face templates pg19, Coloured pencils, 2 apples, a knife & chopping board
7	Wally the Wave	Feelings and Emotions	Book, Pictures of island and wave – pg 20, Happy/Sad/Angry Faces (from week 6) Wave template – pg 21, Art supplies, Take a Break – make a plan – og 22,
8	B – I can notice things when I am Quiet on the inside / Emotions on the inside show on the outside / Working with emotions in a kind and friendly way	Healthy Minds	Bell (& list from week 4), mirror, emotion cards pg 12-13 lollipop stick, heart & star pg 23 KEEP PEACE WANDS FOR WEEK 20
9	I have a plan – (Listening to others)	Kindness	Book, cat template – pg 24, Animal masks – 1 per child pg 25-26, Mask attachments: thread elastic/string/stick
10	The Wall – (Acceptance)	Equality and Inclusivity	Book, ‘favourite’ cards in bag/jar/box, Art supplies, rainbow outline on large paper, Rainbow coloured paper, glue
11	The tale of Baby Beetroot	Kindness	Book, Mood Meter, Garden templates - pg 27, coloured pencils/crayons, large brown paper, tape

12	Lara the Yellow Ladybird	Identity and Self - Esteem	Book, Body outline templates x21 – pg 28 Pre-cut wing templates – pg 29, Colours/crayons, glue Mood Meter, large paper, glue/string/tape
13	My Voice	Identity and Self - Esteem	Book,
14	C – What else can we do when we are upset? / Mindful Movement / Forgiving Myself	Healthy Minds	Bell, animal movement cards pg 30,
15	Kitchi's Moccasins (Inclusivity)	Equality and Inclusivity	Book, Moccasin templates x21 – pg 31, Art supplies,
16	Helping Hands – (Gender Roles)	Equality and Inclusivity	Book, People Song – pg 32, Large paper and marker, Occupation cards – pg 33 – 35, list of jobs,
17	Diego's Great Idea	Feelings and Emotions	Book, Large paper and marker, Small balls of paper, large box (side cut out), Rulers/sticks
18	Head, Heart and Hands	Kindness	Book, Large paper and marker, Mood meter, A4 paper each child, decorations Crayons/colours
19	Head, Heart and Hands	Kindness	Book, Brain template – pg 37 Brain templates – pg 36 & headband strips Art supplies and scissors, Neuron template pg 38
20	D – Forgiving Others / Gratitude for people or things in my life / Gratitude for other people	Healthy Minds	Bell, Peace wands (made in week 8), Plastic spoons/2 rolled up balls of paper, crayons/coloured pencils, blank paper,
21	Home – (Different Homes/Celebrating difference.)	The World Around Us	Book, A4 paper per child, coloured paper, crayons, collage materials, art supplies,
22	A Time to Be Noisy (Excitement and frustration – seeing things from another perspective)	Feelings and Emotions	Book, Bear template – pg 39, mood meter, Scenario cards pg 40-41, tape,
23	I love my planet – (Being responsible for the world around us.)	The World Around Us	Book, globe/template pg 42, Earth cards pg 43-44, Mood meter, string, cut up plastic per child,
24	Anjali's Kite	Kindness	Book, Mood Meter, Large paper, ribbon, art supplies for kite

25	E – People Around the World Want Peace / Connections with others / Caring for Animals and Insects	Healthy Minds	Bell, globe template pg 42, Peace cards pg 45-46
26	Sizwe's Smile	Kindness	Book, Natural materials, cloth bags
27	My Special Hair	Identity and Self - Esteem	Book, Large paper and marker, Face template per child – pg 19, Collage materials for hair, A4 paper per child,
28	Mum loves me so much/Dad loves me so much – (Gender roles)	Equality and Inclusivity	Book, Large paper and marker, Family Cards -pg 47-49, Occupation cards pgs 33-35, Paper per child & colouring
29	F – Gratitude and Caring for Our World / Bringing it All Together / Wrap-up	Healthy Minds	Bell, crayons/colours, Helping hearts and hands sheets – pg 50-51, Globe, pipe cleaners/string, peace wands, beads, Kindness garden poster, Photo of helping hearts and hands from lesson 1?!
30	Caring Animals (Lalela Stories)	Storytelling	Book, teacher paper and pen, Illustraions of characters and settings, Tales Toolkit story frames?! Or pg 52