

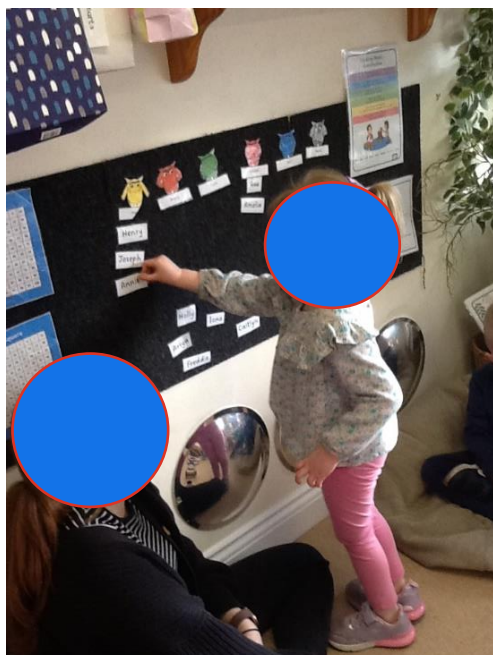
An Example of how PSED Curriculum Links to Further Activities to Promote and Support the Emotional Wellbeing of Children



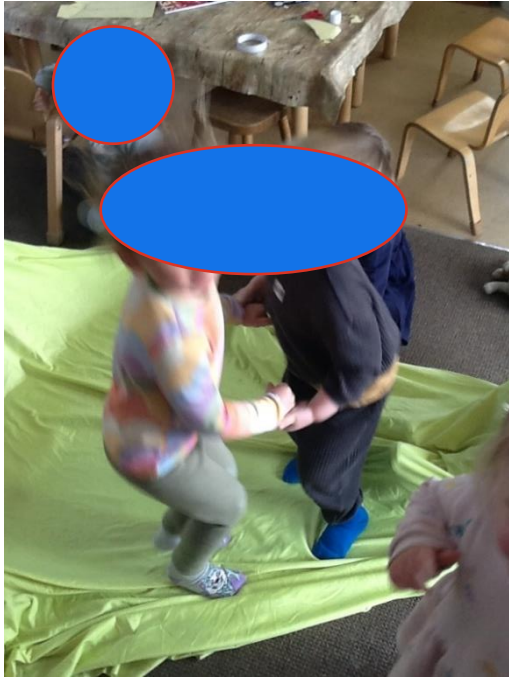
We use *The Colour Monster* story as a core resource to support children in learning about and understanding emotions. Building on this, we provide a range of follow-up activities designed to deepen their emotional awareness. These include hands-on, tactile experiences that allow children to explore and express their feelings in playful, physical ways.



We work in close partnership with families to support children through transitions happening at home. For example, in this instance, a child who is preparing to welcome a new baby sister is spending time in the home corner with their Key Person. Together, they are roleplaying caring for a baby and talking about what the new sibling might be like. This helps the child to process the upcoming change and develop a positive understanding of what to expect.



We integrate emotional learning across different areas of development. In this activity, for example, children practice recognising their names while also exploring emotions. They choose how they are feeling and match their name to the corresponding emotion, helping to build both self-awareness and early literacy skills.



We encourage friendships through songs and dance, helping children learn each other's names and form positive connections. Our songs are designed to build confidence, encouraging children to stand up, join in with the actions, and choose a friend to share a dance with—promoting social interaction in a fun and supportive way.



Children go on a variety of outings from nursery to help them build self-confidence and connections with the local community. For example, we visit the nursing home weekly to sing with the residents supports children's personal, social, and emotional development by encouraging empathy, confidence, and connection. Interacting with older adults helps children develop kindness and understanding, while performing songs builds self-esteem and communication skills. These visits also promote a sense of belonging within the wider community and provide children with meaningful opportunities to express emotions through music and shared experiences.



Visiting the allotment and engaging in planting activities supports children's personal, social, and emotional development in a number of meaningful ways. It encourages responsibility and independence as they care for plants and see the results of their efforts over time. Working alongside peers promotes teamwork, communication, and turn-taking, while the calming outdoor environment supports emotional well-being. These experiences also help children build patience, resilience, and pride as they nurture something from seed to growth, fostering a sense of achievement and connection to the natural world.