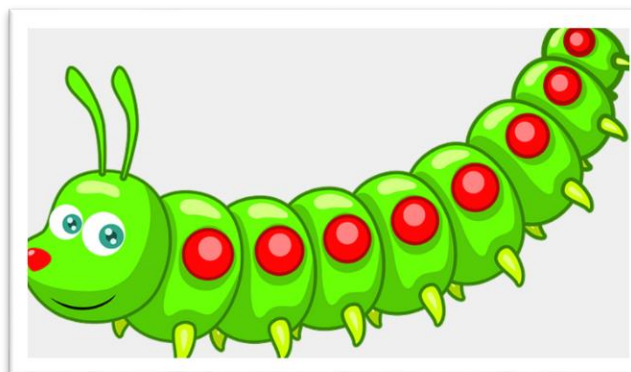


Personal Social and Emotional Development

We will be getting used to routines so the language of time and sequencing will be important: *first, next, after, later*.

We call our PSHE sessions 'Jigsaw time' or just that "Jenie is coming to talk to us". Jenie is the Jigsaw character represented by a soft toy who we sometimes hold and talk to in these sessions. We will be talking about and naming the feelings linked to our 'zones of regulation': *feelings, happy, calm, sad, angry*.



My World

Here is some key vocabulary that your child will be using in their learning this half term.

Physical development

Through our PE sessions we will practise using the terms: *run, jump, hop, skip, balance, crawl*

Communication and Language

Learning how to listen carefully and take turns to hear each other in a larger group will be a key part of the children's learning throughout preschool: *listen, wait, take turns, share*.

Understanding the World/Expressive Arts and Design

We will encourage the children to talk about themselves, their families and their home: *family, brother, sister, home, house, pet*.

We will also represent ourselves in different ways (collage, drawing, playdough, etc.): *face, eyes, nose, mouth, ears*

Literacy

We will share lots of books about families, familiar experiences and starting school: *story, page, turn, point, start, end*.

Why not try? We know that children watch and copy the behaviours of the adults around them. The transition to preschool (or just back to school after the summer break) can be unsettling so take time to name and talk about your feelings this will help your child articulate how they are feeling. Remind your child that all types of feelings are acceptable but that not all types of behaviour are. Describe how you feel and how you might manage your feelings, such as "I'm tired so I'm going to sit quietly and read for a while". Talk with your child about how they are feeling and how they could help themselves feel better.