Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

EYFS • Autumn 1

Being Me in My World

Character Virtue

Caring

Focus Question: Who am I and where do I fit in?

Key Vocabulary

caring	Looking after people and things.
belong	Feeling welcome and included.
feelings	How we feel inside.
turn-taking	Letting others have a turn.
gentle	Using kind, careful actions.
rights	Things every child should have.

Key Learning

- I can use gentle hands to care for people, animals and things.
- I know we can be alike and different and still belong.
- I can name feelings and tell someone how I feel.
- I can share, take turns and think about other people.
- I can use kind hands and say, “Please stop, I don’t like it.”
- I know all children have the right to learn and play.

Being Me in My World in Action



Caring hands

Be gentle with people, animals and toys.



Talk about feelings

Happy, sad, angry or nervous: all feelings matter.



Learn and play

Everyone should feel safe, welcome and included.

Remember and Try

- Use gentle hands and kind words.
- Share resources and wait for your turn.
- Ask for help or say “Please stop” when needed.

End Point

I can show care, talk about my feelings, take turns and help everyone feel included.