# Nursery Knowledge Organiser Happy and Healthy

## Autumn I

## **Crucial Knowledge**

I will learn that...

- We all experience a range of feelings and emotions
- I belong in the nursery and I am valued and cared for
- We all look after the nursery so we can enjoy our time here
- Keeping clean, including hand washing and brushing teeth, is an essential part of staying healthy
- There are adults who can help us to stay happy and healthy, such as nursery staff, doctors, nurses, dentists
- Being active is part of the way that we stay happy and healthy
- Autumn is a season where the leaves fall from the trees

This will help us when we learn about...

PSED in every topic
Creatures topic in Reception

### I will be able to...

- Demonstrate a sense of responsibility and membership of the nursery community
- Talk about some ways that we can use to manage our emotions
- Explain why we wash our hands and clean the nursery
- Look after my possessions by following the expectations (coat on peg, water bottle on trolley)
- Show how I can be independent in the nursery, choosing my activities confidently
- Identify and discuss our own feelings
- Discuss some ways to help ourselves feel calmer when we are angry or upset
- Name some of the signs of Autumn and make observations about the changes in weather and natural objects (e.g. conkers, crunchy leaves)

Additional texts or points of inspiration over the half term:



Inspiration for art using autumnal treasure



Introduction to hygiene in the nursery



Additional texts to support learning about feelings

#### Books of the Week



Tiddly Gigantic Giant



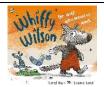
Excited Brave



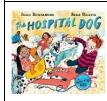
Wiggle Raise Thump



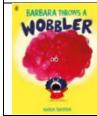
Slithery Feast Stink



Whiffy Growl Plonk



Howling Scowling Nervous



Frolic Grump Strop