

Topic: Myself!

Nursery: Autumn Term - 2025



Mrs L Crook

Curriculum Enrichment:

Main topic focuses:

Special Cinema Treat

Feelings: joy, anger, fear, disgust, sadness

It is ok and normal to feel these emotions.

I will learn about new places

Living things under the sea

I will explore materials

Activities for this term:

- Play the game 'Guess Who' focusing on describing people e.g. black hair, blue eyes, boy, girl
- Self portraits using mirrors, biscuits & sweets
- Teeth brushing session
- Show and tell session with baby pictures and family photos
- Making healthy fruit smoothies
- Create an emotions wheel based on the movie 'Inside Out'
- 'What I can do with my body' PE session with a focus on travelling in different ways

Keeping myself healthy	<ul style="list-style-type: none"> • Which foods are good for me? • How do I take care of myself? • Do I brush my teeth properly? 	
My family & friends	<ul style="list-style-type: none"> • Who lives with me in my home? • Can I make a new friend? • I love them because ... 	
I am different, I am special	<ul style="list-style-type: none"> • These are the things I like: • These are the things I don't like: • It is ok to like different things. • I will try something new. • What makes me unique? 	

Key Texts:

Songs about 'Myself':

- Head, shoulders knees and toes
- Make a new friend song
- If you're happy and you know it
- We're all special
- Hello song
- Tommy thumb