Where to find PSHE

Sensory
Examples of where we find PSHE in the school, related to equals as in the PSHE policy: - Washing hands routines. - Personal care. - Dressing and undressing. - Making choices of activities, toys, food and drinks, a peer to share an activity with, a staff member to support with and activity or personal care. - Going out in the community. - Communicating likes and dislikes - Development of play skills and positive social interactions - Developing an awareness of self and others. - Interoception activities to regulate emotions. - Developing an awareness of cause and effect. - Relaxation. - Travel training – Developing an awareness of different areas of the school, using OOR's and symbols / pictures, moving around the school environment safely and appropriately.

Structured
Examples of where we find PSHE in the school, related to equals as in the PSHE policy: - Making simple snacks and drinks - Washing hands - Personal care - Workstations - Tidying up and washing up - Cooking simple recipes - Getting dressed and undressed - Making choices of activities, toys, food and drinks - Going out in the community (shops, parks and farms) - Accessing sensory circuits - Communicating likes and dislikes - Interacting with adults and peers during structured and free play - Interoception activities to regulate emotions - Developing a sense of cause and effect - Relaxation - Using personalized schedules emphasising the structure of the day - Using in-task schedules to promote independence - Using social stories, when required

Collaborative

Examples of where we find PSHE in the school, related to equals as in the PSHE policy:
 	
- Using the Zones of Regulation
- Snack (making their own, making choices etc)
- My Independence
  - Dressing and Undressing
  - Going shopping
  - Food Technology
  - Travel Training
- My Physical Well-Being
  - PE
  - Table Cricket
  - Tri Tennis
  - Swimming
- Free and Structured Play
- Sensory Experiences
- The World Around Me learning
  - Seasons
  - Photography
  - Recycling