



About

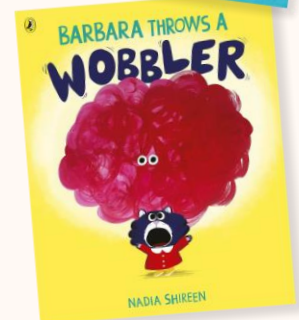
The Story Project is a programme that uses books to teach the 'PSHE' (Personal Social Health Economic) curriculum. Children read the stories as a class, talk about the themes and then take part in activities linked to the learning.



PSHE is a topic that supports children to understand themselves and those around them. It helps children develop skills and knowledge to keep themselves safe and promote happy, full lives. Using books to teach this is a proven way to promote open conversations; children learn through the eyes of the characters in the books. This makes complicated themes easy to understand and helps children understand other people's viewpoints.

What children will learn about this year

- What makes them feel happy
- How their actions affect others
- What makes them feel sad or angry and what to do about it
- About how to look after their surroundings
- How to respect other people
- What healthy eating looks like
- What babies need and about family relationships



Supporting this learning at home

- Talk about what makes children feel happy/sad/angry. Think about different ways to describe these emotions, for example 'excited', 'frustrated', 'upset'.
- Practice some simple calming down strategies. We love 'candle breathing', where you pretend your finger is a birthday candle and take big breaths to blow it out.
- Get children involved with simple cooking recipes, such as a fruit salad or a sandwich.
- Talk together about the relationships in your family. Who does your child like to play with, to talk to, to get a hug from?

Further Resources

Here are some similar books you could read at home:

- 'Find Your Happy' by Emily Coxhead
- 'The Colour Monster' by Anna Llenas
- 'Welcome to Our Table' by Laura Mucha, Ed Smith and Harriet Lynas
- 'When a Dragon Meets a Baby' by Caryl Hart and Rosalind Beardshaw

Further support and guidance can be found at:

- [BBC Tiny Happy People](#)
- [BBC Good Food; Young Children](#)
- [NSPCC Healthy Relationships in Early Years](#)