



## EYFS Termly Themes

<b>Autumn 1</b>	<b>Outside Inside</b> - This theme encourages children to explore nature and reflect on their feelings. They observe outdoor environments and connect them to personal experiences, fostering emotional literacy. Activities balance outdoor discovery and self-reflection, helping children understand both the natural world and their inner thoughts and emotions.
<b>Autumn 2</b>	<b>Knowing Yourself</b> - "Knowing Yourself" focuses on building self-awareness and confidence. Children explore their identities, preferences, and feelings, developing an understanding of what makes them unique. Through activities like self-portraits and group discussions, they recognize their strengths, learn emotional regulation, and build a positive self-image.
<b>Spring 1</b>	<b>Talents and Powers</b> - This theme helps children discover their strengths and talents, whether artistic, athletic, or social. Through a variety of activities, they learn to appreciate their abilities and celebrate others'. It promotes a growth mindset, encouraging children to embrace challenges, share their talents, and foster mutual respect.
<b>Spring 2</b>	<b>Sowing Seeds</b> - "Sowing Seeds" explores both literal and metaphorical growth. Children learn about caring for plants and the process of change, developing patience and responsibility. This theme also encourages personal growth, where children set goals and understand the effort required to achieve success, fostering a sense of accomplishment.
<b>Summer 1</b>	<b>Celebrating Self</b> - "Celebrating Self" encourages children to reflect on and celebrate their achievements. Through storytelling, displays, and discussions, they recognize their milestones and develop self-esteem. This theme promotes pride in their efforts and encourages positive self-reflection, nurturing confidence and mental well-being in a supportive environment.
<b>Summer 2</b>	<b>Family and Friends</b> - "Family and Friends" emphasizes relationships, empathy, and social skills. Children learn about different types of families and friendships through role-play and discussions. The theme promotes cooperation, emotional understanding, and meaningful connections, helping children develop empathy and build positive, healthy relationships with peers and adults.