

Regular Activities

- Forest School
- Daily practising of name writing and fine motor skills
- Snack time– maths, C&L and PSED focus.
- Break times– climbing equipment, bikes and scooters
- Mystery Reader
- Book vote
- Family and friends story time in the library
- Visits to the school library
- Whole school assembly/Open the Book



Morning Routines

- Practise writing name and fine motor skills activities
- Explorify- Communication and Language activity
- Register
- Lunch/dinner choices
- Calendar
- Weather
- How many children are at nursery today?
- Number of the week
- Shape of the week
- Rhyme of the week
- Special helper



Key Books

- Super Duper
- Funny Bones
- The Colour Monster
- Titch
- All About Diversity
- Look Out
- Owl Babies
- When You're Fast Asleep

Key Songs and Rhymes

- Heads, Shoulders, Knees and Toes
- If You're Happy and You Know It
- Five Little Fingers
- One Little Finger
- This Is the Way We Wash Our Hands

Key Vocabulary

Me, I, my, name, boy, girl, baby, family, friend, home, body, head, eyes, ears, nose, mouth, teeth, hair, hands, fingers, arms, legs, feet, toes, feelings, happy, sad, angry, worried, excited, kind, special, same, different, big, small, healthy, clean, wash, brush, eat, drink, sleep, play

Little Squirrels Nursery

All about Me

Autumn 1 2026

Curriculum Overview

Core Experiences and Seasonal Celebrations

- Forest School– spending time in a woodland area
- Visits from Open The Book
- Parent workshops
- Harvest Festival

Sticky Knowledge

Through the **All About Me** topic, children will develop a growing understanding of themselves, their bodies, feelings, families and relationships. They will learn that they are special and unique and begin to recognise and respond to their own name. Children will explore and identify different parts of their body, including their eyes, ears, nose, mouth, hands, fingers, legs, feet and toes, and begin to understand how their bodies help them to explore the world. They will develop an awareness of their senses and how they use them to see, hear, smell, taste and touch. Children will begin to recognise and name different feelings, such as happy, sad, angry and worried, and understand that other people have feelings too. They will learn that families can be different and that the people in their families care for them. Children will develop their ability to communicate their needs, wants and preferences, make choices and become increasingly independent. They will also learn ways to look after themselves, including washing their hands, brushing their teeth, eating healthily, drinking water, sleeping and being physically active. Through songs, rhymes, stories, play and everyday experiences, children will develop their confidence, relationships and understanding of what makes them and others special, unique and important.



