

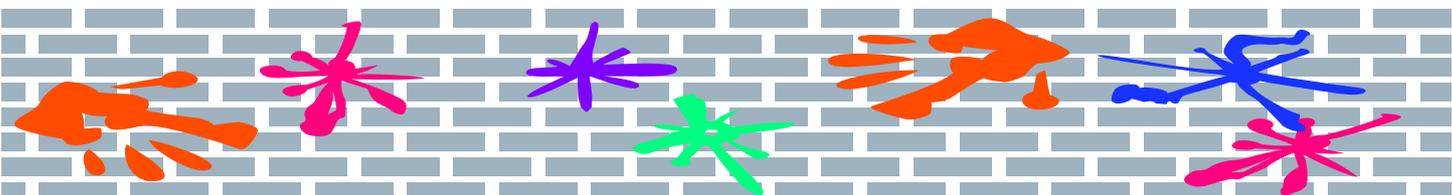
**'Personal Development  
& Mutual Understanding'  
in the  
Foundation Stage**



*Building Together in the Foundation Stage  
Information for Parents*

CASS  
Early Years Team

**NEEB**  
Developing People for Life





CCEA describe Personal Development and Mutual Understanding within the Revised Curriculum as...

'...encouraging each child to become personally, emotionally, socially and physically effective, to lead healthy, safe and fulfilled lives; and to become confident, independent and responsible citizens, making informed and responsible choices and decisions throughout their lives.'



During the Foundation Stage children will be enabled to explore:

### PERSONAL UNDERSTANDING AND HEALTH

- @ themselves and their personal attributes;
- @ their own and others' feelings and emotions;
- @ their dispositions and attitudes to learning;
- @ the importance of how to keep healthy and how to keep safe in familiar and unfamiliar environments.

### MUTUAL UNDERSTANDING IN THE LOCAL & GLOBAL COMMUNITY

- @ their relationships with family and friends;
- @ their responsibilities for self and others;
- @ how to respond appropriately in conflict situations;
- @ similarities and differences between groups of people;
- @ learning to live as a member of a community.

Children will have opportunity to develop Personal Development and Mutual Understanding through a range of experiences including:

Daily routines, e.g.

- *Self-registration*
- *Dressing for PE*
- *Snack/lunch time*

Classroom &  
outdoor play  
experiences

*Classroom and  
school rules*

RE lessons  
and Assembly

Stories, rhymes,  
use of puppets,  
role play

Group/class  
discussions;  
circle time

Some suggestions to support children's PDMU experiences at home include:

#### *Themselves and Their Personal attributes*

Children's names are special to them - they love to know what their name means and why it was chosen for them.

Make a poster of your child's name and decorate it using natural materials.

Make up a short fantasy story to explore your child's name, involving objects beginning with the same letter of his/her name.

Make a paper chain with your child at home to record the goals that they have achieved and problems that they have solved.

e.g. 'I tried broccoli for the first time;' 'I organised the toys in my bedroom.'

#### *Their Own and Others' Feelings and Emotions*

Always encourage children to tell you how they are feeling – use appropriate words to express your own emotions.

Read or retell a familiar nursery rhyme or story and encourage the children to talk about how the characters are feeling. Use puppets and toys to help.

#### *Relationships with my family*

Share family events with the child and nurture special memories, e.g. keep a scrap book of a family holiday – when possible allow the children to be involved in planning and making decisions about family events.

Children love to know where they came from and hear stories from their family's past – share your family history with the children!

#### *Responsibility for self and others*

Encourage your child to learn about the importance of helping others by:

- ~ Donating old toys and clothes that they have outgrown to a charity shop.
- ~ Saving pennies and donate them to a favourite charity.
- ~ Supporting children from third world countries through charities like Oxfam.
- ~ Adopting a dog, whale, gorilla ....!

#### *Learning to live as a member of the community*

Try some recycling with your child.

Set your child the task of collecting and counting bottles or newspapers and take them to the places where they can recycle the collection.

#### *Keeping Healthy and Safe*

Involve children in shopping for and cooking healthy food/packed lunches - make a chart and give your child a sticker when they try a new healthy food.

Encourage a regular toothbrushing routine.

Use opportunities to model/talk about safe habits, e.g. in relation to use of medicine or when crossing the road together.

*Enjoy spending family time together playing, talking and laughing!*