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Exemplar PSHE / Relationships Education Lesson Summary
Unit: Self-Awareness and Relationships
Lesson: People Who Are Important to Me
Phase: Primary
Developmental Stage: Pre-Formal

What will learners learn?
Learners will learn:

- Recognise familiar people who care for them
- Show awareness of familiar adults
- Develop positive interactions with others
- Experience turn-taking and shared attention
- Begin to communicate preferences for people, activities or interactions

Key Concepts

- Familiar people
- Belonging
- Relationships
- Communication
- Choice-making

Learning activities
Learners may:

- Look at photographs of family members and familiar staff
- Explore personalised "My Important People" visuals
- Take part in songs featuring their own names or photographs
- Engage in shared attention activities with trusted adults
- Participate in simple turn-taking games
- Indicate preferences for interacting with familiar people through eye-gaze, gesture, vocalisation or communication aids

How is the lesson adapted for learners?
Activities are highly personalised and may include:

- Objects of reference
- Intensive interaction approaches
- Sensory stories
- Photographs and symbols
- Eye-gaze technology
- Switch-accessed activities
- Communication boards
- Consistent routines and familiar adults

Communication Opportunities
Learners may communicate through:

- Facial expression
- Eye contact
- Body movement

- Gesture
- Vocalisation
- AAC systems
- Symbol selection
- Reaching or pointing

What might success look like?
A learner may:

- Turn towards a familiar adult
- Smile when seeing a family photograph
- Show anticipation during a familiar interaction
- Make a choice between two familiar people
- Join in with a shared activity
- Attend to a photograph or symbol for a short period

Links to PSHE
This lesson supports:

- Self-awareness
- Building relationships
- Communication development
- Emotional security
- Understanding familiar people and environments

Why is this lesson important?
Developing awareness of familiar people and positive relationships is an important foundation for emotional wellbeing, communication and future learning. These early experiences help children feel safe, develop trust and begin to understand their place within a community.