

Vital Skills for PSHE

Understanding emotions

Recognising feelings

Tuning into interoceptive cues

Interpreting interoceptive information

Understanding emotion labels/descriptions & how these can differ

Understanding how feelings might be displayed in different ways

Knowing different types of empathy (cognitive/affective/hyper-empathy)

Understanding disability and neurodivergence

Understanding the social model of disability & the disabled community

Understanding social norms, e.g., politeness

Understanding what disability means

Understanding differences between neuro-types

Reading social cues in different neuro-types (e.g., tone, sarcasm)

Understanding perspective taking as two-sided (double empathy)

Understanding social differences

Understanding literal/honesty and how this can lead to vulnerability

Recognising polarised thinking in self and others

Understanding masking/camouflaging/people pleasing & rejection sensitivity dysphoria

Making, managing, and learning from mistakes in relationships/socially

Understanding and recognising impulsivity in self and others

Behavioural echolalia - copying others' actions without understanding them or their consequences