

All About Me: EYFS Knowledge Mat

Subject Specific Vocabulary

unique	Being different from everything else. One of a kind.
emotions	A strong feeling, such as happy, sad, angry. When we feel an emotion, we experience physical changes to our body, like crying.
senses	The 5 different ways that we can observe and understand our surroundings.
human	A person. Different from other animals as they have a larger brain.
growth	An increase in size. Throughout our lives, we continue to grow in different ways.
special	Being different and unique, in an extraordinary way.
healthy	To be healthy means to not be sick/to be well. We can make healthy choices through our diet and exercise to help us stay well.
hobby	A regular activity that people do that they enjoy, such as swimming or gymnastics.
respect	Treating somebody or something well. For example, we might show respect by being kind.



Exciting Books



Sticky Knowledge about 'All About Me'

- ☐ Our eyes blink around 20 times a minute. That's over ten million times a year!
- ☐ The adult human body has 206 bones.
- ☐ Our tongues can detect sour, sweet, bitter or salty flavours, by using around 8000 taste-buds!
- ☐ Our nose and ears continue growing throughout our entire life!
- ☐ The human body requires food, air and water.

The 5 senses

- Sight
- Smell
- Hearing
- Taste
- Touch