

PSHE Key Vocabulary

Words in purple font are from the 'Being Human Dictionary' which encourages the children to define, explore and apply a range of emotions or life experiences to build on their emotional literacy and to develop their oracy.

EYFS/Year 1 – Cycle A					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Resilience	Resilience	Relationships	Health Education	Caring Friendships	Wider World
Happy Angry Enraged Mistakes Unkindness Resilient Calm Emotions Sad Excited Worried Favourite Tornado Zone Pressure Zone Chill Zone Angry Deep breath Medical	Angry Enraged Brave Guilty Tornado Zone Shaking Triggers Deep breath Walk away Strange Confused Fail Bounce back Practice Mistake Apologise Shame Regret Warned Damage Handled Event	Content Grateful Nervous Caring Dinosaur Rocket Support Safe Families Loved London Underground Paramedic Ticket inspector Internet Private Strangers Online Personal Address Information Bullying Unkind Snatched Repetitive Physical Upsetting Deliberate (on purpose) Harmful	Sad Lazy Calm Inspired Sleep Behaviour Affects Tiredness Buzzed Focus Accident Interrupted Usual Dentist Honest Sugar Shocked Growling Fruits Vegetables Thunder Vitamins Exercise Blanket Skipping Sleepy Lioness Stretching Muscles Injuries Pulse Thump Exhausted Heart	Jealous Disappointed Surprised Sharing Empathy Caring Positive Support Friendship Certificate Lonely Cancelled Advice Shocked Emotion Frustrated Angry Celebrated Connect 4 Slammed Counters Reacted Buzz Reporting Depends Chasers Tell Situation Depends Unkindness	Compassion Excited Thrilled Different Same Male Female Weight Language Hair colour Height Religion Gender Invitation Differences Country Greeted Headgear Community Resources Kindness Responsibility Jackets Tidy Prepare Excited Try hard Mistake Practice Performance Audience Supporters Mistakes Disappeared Instruments Drumstick

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					Improve Accept Helpful Guilty Honest Proud RSE (EYFS) Surprised Embarrassed Fear Anxious Uncomfortable Hygiene Hygienic Toothbrush Toothpaste Mouthwash Soap Hairbrush Sponge Private Unsafe
EYFS/Year 1 – Cycle B					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Wellbeing	Wellbeing	Relationships	Health Education	Caring Friendships	Wider World
Shy Scared Thrilled Content Sad Nervous Express Challenges Emotions Favourite Frustrated Stormed Bubble	Thrilled Content Energised Confident Astronaut Helmet Thankful Candyfloss Positive Relationships Negative Temperature Mistakes	Nervous Scared Frustration Take-off Sharing Rocket Countdown Together Announcement Trophy Tournament Teamwork Final	Calm Inspired Confused Brave Confused Sand Trusted adult Dangers Screen time Television Video games Lights Middle brain	Disappointed Surprised Fitting in Lying Lies Believe Trust Pretend Forehead Bored Miracle Peer pressure Dare	Excited Thrilled Embarrassed Money Coins Spend Notes Save Accuse Diamond Thrilled Home-made Exploded

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Thoughts Gremlins Scary Angelic Calmer Gymnastics Perfectly Competition Surprise Fountain Respect Resilience Kindness Courage Successful Patient Hard-working Resilient	Changes Challenges Ups and downs Roller coaster Habit Healthy Confused Positive habits Germs	United Stereotyping Judgement Twins Choir Surprised Awful Stereotype Prove Passer Violent Tornado Zone Pause Trusted adult Pushing Throwing Objects Pinching Kicking Consequences	Stranger Danger Negative Internet Independent Careful Online Videos Images Inappropriate Clownfish Google Terrified Gasp City Manchester Busy Dangerous Seatbelt Crossing Focused Risk Matches Busy Untidy Unsafe Electricity Hazard	Choir Scenes Interrupted Impact Volunteer Harmful Determined Soaked Conflict Cause Response Disagreement Conversations Tornado Zone Broccoli Clue Snatched	Law Guilty Winning Emotions Counter Losing Opponents Prayed Cheated Electric Sports day Sun cream Plunging Total Dice Change Thoughts Uncomfortable Tricky Nervous Character Crawled Pantomime Roller coaster <u>RSE (Year 1)</u> Regret Angry Frustrated Jealous Excited Tense Embarrassed Calm Ear Nose Stomach Hand Leg Eye
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					Neck Shoulder Foot Bottom Penis Vulva Private parts Baby Change Nappy Crying Challenge Confident Uncomfortable
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Year 2					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Building Resilience	Respectful Relationships	Mental Wellbeing	Health Education	Caring Friendships	Wider World
Joyful Disgust Courage Mistakes Unkindness Resilient Emotions Sad Happy Excited Angry Worried Favourite Tornado Zone Pressure Zone Chill Zone Deep breath Press pause Situation	Grateful Heartbreak Frustration Support Safe Foster parents Celebrate Step mum Adopted Childline Unsafe Internet Private Strangers online Personal Address Information Bullying Repetitive	Anxious Jubilant Peaceful Sad Nervous Express Emotions Favourite Thoughts Gremlins Scary Independent Reliable Determined Generous Respectful Kind Brave Confident	Invigorated Thrilled Panic Sleep Tiredness Fresh Behaviour Attitudes Affects Influences Fats Fruit Energy value Impact 5 a day Digestion Weight Dairy Protein	Jealous Surprised Fitting in Friendship Sharing Empathy Caring Positive Support Jealous Shocked Emotion Frustrated Angry Reporting Tell Situation Depends Lying	Compassion Shy Exhilarated Diversity Religion Gender Values Different Weight Language Community Resources Kindness Responsibility Jackets Tidy Job Nurse Builder

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Shaking Triggers Walk away Fail Bounce back Shame Practice Apologise Regret	Physical Upsetting Deliberate (on purpose) Harmful Collaboration Sharing Listening Positive Stereotyping Judgement Twins Choir Violent Pushing Throwing Objects Pinching Kicking	Resilient Patient Gratitude Thankful Positive Relationships Negative Mistakes Changes Challenges Roller coaster Ups and downs Habits Germs Sickness Healthy Protecting Sleep Reduce	Vitamins and minerals Health Healthy Chemicals Sleep Exercise Muscles Sun cream Henna Make-up Habit Internet Danger Images Inappropriate Protection Safety Risk Matches Busy Untidy Unsafe Electricity Hazard Emergency	Lies Believe Trust Peer pressure Dare Choir Impact Volunteer Harmful Scenes Conflict Cause Response Disagreement Conversations Tornado Zone	Farmer Vet Soldier Chef Tools Disgust Money Coins Spend Notes Save Expensive Valuable Winning Emotions Total Losing Championship Dice Change Thoughts Sibling Emotions Moving house <u>RSE</u> Uncertain Fear Anxious Egg Vagina Birth Baby Learn Age Acceptable Unacceptable Trusted adult Surprise Secret
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					Uncomfortable Trouble
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Year 3 & 4 – Cycle A					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Building Resilience	Respectful Relationships	Mental Wellbeing	Health Education	Caring Friendships	Wider World
Cheerful Curious Disgust Anxious Hatred Panic Mistakes Unkindness Resilience Resilient Lacks Reaction Emotions Sad Happy Excited Worried Favourite Tornado Zone Pressure Zone Chill Zone Angry Deep breath Finally Press pause Shaking Triggers Walk away Pit of Failure Embrace failure Shame	Love Regret Heartbreak Invisible Shame Jealous Wedding Childline Safeguarding lead Support Safe Foster parents Celebrate Step mum Adopted Private Strangers Online Relationship Personal Address Information Face-to-face Bullying Repetitive Physical Emotional Upsetting Deliberate Harmful Cruel	Connection Gloomy Proud Grateful Stress Confident Sad Nervous Express Challenges Emotions Favourite Thoughts Gremlins Independent Reliable Determined Generous Respectful Kind Brave Confident Resilient Patient Gratitude Thankful Positive Relationships Negative Mistakes Changes	Invigorated Joyful Jubilant Down Surprise Tense Sleep Tiredness Fresh Behaviour Attitudes Affects Influences Fats Fruit Healthy Energy value Impact 5 a day Digestion Weight Endorphins Health Heart Pumping blood Healthy Chemicals Sleep Exercise Dangers Screen time	Lonely Shy Brave Trust Fitting in Uncertain Friendship Unhealthy Comfortable Grumpy Healthy Ignores Risks Empathy Confused Justify Emotion Frustrated Selection Reporting Sometimes Hurt Justify Always Never Danger Lying Dishonest Believe Impress Lies	Compassion Belonging Thrilled Inspired Humble Exhilarated Diversity Ethnicity Religion Difference Appearance Opinions Caring Community Tidy Kindness Resources Values Resilient Journalist Job Skills Patient Photographer Money Need Coins Trigger Items Want Notes

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Disappointed Practice Road to Success Response Lie Blame Honest Hide Face Take responsibility	Collaboration Sharing Skills Tower Listening Positive Freestanding Stereotype Judgement Police officer Nurse Gender Violent Pushing Throwing Objects Jealousy Pinching Kicking Causes Injury	Challenges Roller coaster Ups and downs Habits Germs Sickness Healthy Protecting Sleep Reduce	Television Video games Lights Middle brain Stranger Danger Negative Inappropriate Internet Images World wide web WWW Videos Protection Safety Risks Reduce Pills Hazards Emergency Sharp objects	Avoid Peer pressure Harmful Regret Influence Conflict Solution Tornado Zone Disagreement Decision Interrupt	Tornado Zone Winning Accusing Losing Painful Lying Change Triggered Spectrum Lottery Emotion Position Life Reminder Curse RSE Unsafe Worried Angry Self-esteem Strengths Positive Unacceptable Uncomfortable Trusted adult
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Year 3 & 4 – Cycle B

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Building Resilience	Respectful Relationships	Mental Wellbeing	Health Education	Caring Friendships	Wider World
Content Curious Enraged Perplexed Self-trust Dread Mistakes Unkindness	Belong Uncertain Shame Invisible Dehumanisation Disgust Childline Tolerance	Connection Insecure Proud Grateful Stress Relaxed Emotions Bottling up	Gloomy Perfectionism Empowered Anxious Bored Surprised Sleep Tiredness	Boundaries Lonely Heartbreak Trust Fitting in Defensive Relationship Healthy	Compassion Focussed Inspired Tense Frustrated Embarrassed Benefits Diversity

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Resilience	Intolerant	Express thoughts	Fresh	Abuse	Traditions
Resilient	Safe	Gremlins	Behaviour	Statement	Permission
Lacks	Foster parents	Challenge	Attitudes	Beliefs	Tolerance
Reaction	Adopted	Positive	Diet	Unhealthy	Beliefs
Improve	Same sex	Values	Healthy	Unbalanced	Community
Statement	Gender	Determined	Balanced	Needs	Environment
Emotions	Single parent	Kind	Obesity	Empathy	Resources
Sad	Grandparent	Resilient	Grain	Thoughts	Selfish
Happy	Online relationship	Respectful	Fruit and vegetables	Anxious	Empathy
Excited	Rude	Honest	Dairy	Reactions	Vandalism
Angry	Report button	Patient	Fish and meat	Emotions	Job
Worried	Bullying	Reliable	Fats and sugars	Frustrated	Interviewer
Favourite	Repetitive	Courage	Digestion	Relationships	Strengths
Tornado Zone	Upsetting	Calm	Weight	Report	Character
Pressure Zone	Deliberate	Generous	Protein	Accident	Interview
Chill Zone	Harmful	Confident	Energy	Justify	Interviewee
Deep breath	Cruel	Loyal	Carbohydrate	Trusted	Weaknesses
Finally	Tease	Independent	Digestion	Ignore	Tense
Trigger	Impact	Gratitude	Fibre	Explain	Reduce
Shaking triggers	Collaboration	Thankful	Immune system	Honest	Credit card
Walk away	Sharing	Relationships	Stretch	Cheating	Gambling
Active listening	Support	Thoughts	Flexibility	Desperate	Risk
Fail	Listening	Mistakes	Strength	Guilty	Debit card
Fear of failure	Positive	Changes	Relax	Dishonest	Addicted
Bounce bac	Communicate	Embrace the challenge	Muscles	Anxious	Tournament
Shame	Tornado Zone	Victim mentality	Tense	Impress	Empathetic
Practice	Stereotype	Wellbeing	Blood flow	Unmotivated	Resilient
Embrace failure	Judgement	Habits	Injury	Peer pressure	Shame
Mistake	Judging	Sleep	Posture	Negative	Emotional awareness
Apologise	Respect	Concentration	Neck	Triggers	Change
Regret	Behaviour	Memory	Shoulders	Boundary	Screen time
Taking responsibility	Appearance	Immunity	Back	Positive	Nervous system
Hide from the mistake	Violent	Heart	Hamstrings	Influence	Triggers
	Physical impact	Mood	Quads	Identify	Emotion
	Causes	Weight	Ankles	Stormy	Stress
	Emotional impact	Exercise	Smoking	Disagreement	Signals
	Victim	Oxygenation	Dangers	Solution	
		Blood flow	Heart	Trigger	
		Noradrenaline	Plaque	Calm	
		Endorphins	Blood vessels	Empathise	
					RSE
					Embarassed
					Responsible

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		Stress Mood Obesity Muscles	Lungs Cilia Tar Skin Oxygen Wrinkles Premature ageing Hair loss Expense Peer pressure Addition Nicotine Chemical Internet Danger Images Inappropriate Comply Age restricted Harmful Anxiety Stranger danger Report Negative behaviour Emergency Ambulance Red mist Respond Violence Dial, 999	Jealous Regret	Calm Content Proud Reproduction Organisms Male Female Penis Vulva Breasts Testicles Sperm Egg Ovaries Puberty Foetus Change Wet dream Erection Ejaculation Semen Menstruation Period Vagina Discharge Stomach cramps Trusted adult Spots Sweat Emotions Growth spurts Greasy Hygiene Menstrual flow Sanitary towel Tampon Infection Scarring
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Year 5 & 6 – Cycle A					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Building Resilience	Respectful Relationships	Mental Wellbeing	Health Education	Caring Friendships	Wider World
Courage Curious Enraged Resentment Dread Overwhelmed Mistakes Unkindness Resilience Resilient Lacks Reaction Improve Statement Emotions Express Anxious Excited Thoughts Triggered Tornado Zone Pressure Zone Chill Zone Angry Deep breath Finally Trigger Tornado Zone Shaking Walk away Active listening Fail Fear of failure Bounce back Shame	Belong Lonely Anguish Invisible Dehumanisation Betrayal Family - single parent, foster/adopted, grandparents, same sex parent family Online relationship Stranger danger Cyberbullying Addiction Blackmail Bullying Repetitive Physical Emotional Victim Upsetting Deliberate Assertive Cruel Manage Collaboration Sharing Support Listening Positive Communicate Stereotype Judgement Judging Equal rights	Vulnerability Insecure Calm Grateful Tense Tranquil Sad Nervous Express Challenges Emotions Favourite Thoughts Gremlins Scary Independent Reliable Determined Generous Respectful Kind Brave Confident Resilient Patient Gratitude Thankful Positive Relationships Negative Mistakes Changes Challenges Roller coaster Ups and downs	Play Empowered Perfectionism Bittersweet Shame Grief Sleep stoppers Focus Screens Sensitive Fresh Trigger Obesity Sugars Portions Calories Consuming Fats Aerobic Diet Balance Body image Endorphins Mindset Attitude Posture Chemicals Well-being Alcohol Underage Misuse Liver Poisoning Drunk Social media	Nostalgia Freudenfreude Boundaries Trust Fitting in Defensive Thoughtful Gratitude Active listening Friendship Boundaries Unthoughtful Distractions Emotions Confident Facial expressions Furious Report British values Physical Direct harm Emotional Bullying Justify Honest Lying Empathy Positive Dishonest Trust Pause Share Peer pressure Boundary Worried	Compassion Connection Inspired Envy Humble Ecstatic Diversity Appreciating Tornado Zone Vegan Tolerance Suspicious Reaction Welfare Tax Pensions Community Defence Education Government Job requirements Lawyer Interview Occupation Communicator Envy Money Security Value for money Budget Entertainment Collaboration Winning Excuses Successful

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Practice Embrace failure Apologise Shame Regret Taking responsibility Hide from the mistake Escape thoughts	Racism Gender Violent Physical impact Tornado Zone Challenges Causes Emotional impact Spitting Childline	Habits Germs Sickness Healthy Protecting Sleep Reduce	Applications Information Addiction Websites Communication Hacked Risk Manage Accidents Red mist Situations Emergencies Paramedic	Cool Trapped Regret Conflict Humiliation Tornado Zone Difficult conversations Disagreement Checklist	Tournament Barrier Change Local Experiences Stressful Global Stability Resilience RSE Anxious Shame Dread/empowered Curious Calm Tense Confused Anger Puberty Trusted adult Period Sanitary towel Tampon Changes Hygienic Deodorant Pubic hair Penis Testicles Scrotum Facial hair Erection Wet dream Gay Heteronormativity Same-sex Legal Gender Sexuality
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					Discriminate Homophobia Lesbian Transgender Pangender Consent Agree Boundary Uncomfortable
Year 5 & 6 – Cycle B					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Building Resilience	Respectful Relationships	Mental Wellbeing	Health Education	Caring Friendships	Wider World
<p>Courage Enraged Resentment Anguish Mistakes Unkindness Resilience Resilient Lacks Reaction Improve Statement Emotions Express Anxious Shame Excited Thoughts Triggered Motivate Tornado Zone Pressure Zone Chill Zone Angry Deep breath</p>	<p>Belong Insecure Shame Compassion Dehumanisation Disgust Childline Safeguarding lead Tolerance Safe Foster parents Intolerance Celebrate Step mum Adopted Private Strangers Relationship Social media Digital footprint, personal Face-to-face Cyberbullying Oversharing Bullying Repetitive</p>	<p>Vulnerability Perfectionism Calm Gratitude Humiliation Tranquil Sad Nervous Express Challenges Emotions Favourite Thoughts Gremlins Scary Independent Reliable Determined Generous Respectful Kind Brave Confident Resilient Patient</p>	<p>Play Guilt Awe Bittersweet Dumbfounded Grief Sleep Tiredness Fresh Behaviour Attitudes Affects Influences Insomnia Mindfulness Fats Fruit Healthy Energy value Impact 5 a day Digestion Weight Nutrients Balanced diet</p>	<p>Nostalgia Freudenfreude Boundaries Trust Fitting in Schadenfreude Relationships Healthy Balanced Controlling Friendships Unhealthy Boundaries Empathy Facial expressions Mocking Empathetic Recognising Valued Resentment Snitch Serious Harmful Hurt Dishonest</p>	<p>Empowered Connection Proud Envy Humble Content Compassion Intolerance Tribalism Response Violence Diversity Discrimination Tax PTSD Refugee In need Welfare Domestic violence Peer pressure Pride Occupation Motivators Work/life balance Motivation</p>

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Finally Trigger Shaking Triggers Walk away Active listening Response options Report them Fail Fear of failure Bounce back Practice Embrace Failure Mistake Apologise Regret Taking responsibility Hide from the mistake	Physical Emotional Victim Upsetting Deliberate Assertive Bystander Manage Collaboration Sharing Support Profile Currency Listening Positive Communicate Biography Citizen Stereotype Judgement Judging Teenager Equal rights, Racism Gender Disabled Affray Physical impact Consequences Perpetrator Victim Assault Emotional impact GBH	Outcome Value Thankful Positive Relationships Negative Mistakes Changes Challenges Roller coaster Ups and downs Explosions Habits Screens Technology Over reliant	Endorphins Health Heart Pumping blood Weight Healthy Chemicals Sleep Exercise Drugs Misuse Legal Illegal Physical Emotional Damage Substance Social media Social networking Dangers Messaging Apps Live feed Trolling Trolls Risk Manage Accidents Red mist Situations Emergencies Paramedic Head injury Common injury	Address Report Well-being Erodes Lies Ignore Addiction Fraud Slander Perjury Peer pressure Respond Assertive Influence Passive Bottle up Calm Disagreement Solution Conflict Stormy Empathise	Personal development Status Budget Overspend Monitor Retractable roof Collaboration Stadium Terrace block Tournament Empathetic Resilient Respectful Shame Emotional awareness Opponent Challenge Constant Attitude Change Trigger <u>RSE</u> Ovary Uterus Vulva Vagina Penis Foreskin Testicles Scrotum Epididymis Erection Sperm Sexual intercourse Conception Media Self-esteem Body image Filter
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					Social media Gay Lesbian Bisexual Transgender Influencer Sexual harassment Puberty Teenager Hygiene Reproduce Emotions Trusted adult
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