

PSHEe 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
<p>Happy Angry Enraged Calm Mistakes Unkindness Resilient Emotions Sad Excited Worried Favourite Tornado Zone Pressure Zone Chill Zone Angry Deep breath Medical</p>	<p>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</p>	<p>Content Grateful Nervous Frustrated 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</p>	<p>Sad Lazy Invisible 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</p>	<p>Jealous Trust Disappointed Uncertain Sharing Empathy Caring Positive Support Friendship Certificate Lonely Cancelled Advice Shocked Emotion Frustrated Angry Celebrated Connect 4 Slammed Counters Reacted Buzz Reporting Chasers Tell Situation Depends Unkindness</p>	<p>Friendly 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</p>

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					Drumstick Improve Accept Helpful Guilty Honest Proud
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 Regret Content Sad Nervous Express Challenges Emotions Favourite Frustrated Stormed Bubble Thoughts Gremlins Scary Angelic Calmer Gymnastics Perfectly Competition Surprise Fountain Respect Resilience Kindness Courage Successful Patient	Regret Content Energised Confident Astronaut Helmet Thankful Candyfloss Positive Relationships Negative Temperature Mistakes Changes Challenges Ups and downs Roller coaster Habit Healthy Confused Positive habits Germs	Nervous Scared Frustrated Tranquil Take-off Sharing Rocket Countdown Together Announcement Trophy Tournament Teamwork Final United Stereotyping Judgement Twins Choir Surprised Awful Stereotype Prove Passer Violent Tornado Zone Pause Trusted adult Pushing	Inspired Confused Brave Invisible Sand Trusted adult Dangers Screen time Television Video games Lights Middle brain Stranger Danger Negative Internet Independent Careful Online Videos Images Inappropriate Clownfish Google Terrified Gasp City Manchester Busy	Disappointed Uncertain Surprised Fitting in Lying Lies Believe Trust Pretend Forehead Bored Miracle Peer pressure Dare Choir Scenes Interrupted Impact Volunteer Harmful Determined Soaked Conflict Cause Response Disagreement Conversations Tornado Zone Broccoli	Excited Thrilled Embarrassed Proud Money Coins Spend Notes Save Accuse Diamond Thrilled Home-made Exploded Law Guilty Winning Emotions Counter Losing Opponents Prayed Cheated Electric Sports day Sun cream Plunging Total Dice

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Hard-working Resilient		Throwing Objects Pinching Kicking Consequences	Dangerous Seatbelt Crossing Focused Risk Matches Busy Untidy Unsafe Electricity Hazard	Clue Snatched	Change Thoughts Uncomfortable Tricky Nervous Character Crawled Pantomime Roller coaster
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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
Joy Disgust Courage Mistakes Unkindness Resilient Emotions Sad Happy Excited Angry Worried Favourite Tornado Zone Pressure Zone Chill Zone Deep breath Press pause Situation Shaking Triggers Walk away	Grateful Dread Frustrated Support Safe Foster parents Celebrate Step mum Adopted Childline Unsafe Internet Private Strangers online Personal Address Information Bullying Repetitive Physical Upsetting	Anxious Jubilant Peaceful Sad Nervous Express Emotions Favourite Thoughts Gremlins Scary Independent Reliable Determined Generous Respectful Kind Brave Confident Resilient Patient Gratitude	Invigorated Thrilled Panic Sleep Tiredness Fresh Behaviour Attitudes Affects Influences Fats Fruit Energy value Impact 5 a day Digestion Weight Dairy Protein Vitamins and minerals Health Healthy	Jealous Disappointed Fitting in Friendship Sharing Empathy Caring Positive Support Jealous Shocked Emotion Frustrated Angry Reporting Tell Situation Depends Lying Lies Believe Trust	Compassion Shy Exhilarated Diversity Religion Gender Values Different Weight Language Community Resources Kindness Responsibility Jackets Tidy Job Nurse Builder Farmer Vet Soldier

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Fail Bounce back Shame Practice Apologise Regret	Deliberate (on purpose) Harmful Collaboration Sharing Listening Positive Stereotyping Judgement Twins Choir Violent Pushing Throwing Objects Pinching Kicking	Thankful Positive Relationships Negative Mistakes Changes Challenges Roller coaster Ups and downs Habits Germs Sickness Healthy Protecting Sleep Reduce	Chemicals Sleep Exercise Muscles Sun cream Henna Make-up Habit Internet Danger Images Inappropriate Protection Safety Risk Matches Busy Untidy Unsafe Electricity Hazard Emergency	Peer pressure Dare Choir Impact Volunteer Harmful Scenes Conflict Cause Response Disagreement Conversations Tornado Zone	Chef Tools Disgust Money Coins Spend Notes Save Expensive Valuable Winning Emotions Total Losing Championship Dice Change Thoughts Sibling Emotions Moving house
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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	Love Regret Heartbreak Invisible Shame Jealous Wedding Childline Safeguarding lead Support Safe	Connection Gloomy Proud Grateful Stress Confident Sad Nervous Express Challenges Emotions	Invigorated Joy Jubilant Down Surprise Tense Sleep Tiredness Fresh Behaviour Attitudes	Lonely Shy Brave Trust Fitting in Uncertain Friendship Unhealthy Comfortable Grumpy Healthy	Compassion Belong Thrilled Inspired Humble Exhilarated Diversity Ethnicity Religion Difference Appearance

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Reaction	Foster parents	Favourite	Affects	Ignores	Opinions
Emotions	Celebrate	Thoughts	Influences	Risks	Caring
Sad	Step mum	Gremlins	Fats	Empathy	Community
Happy	Adopted	Independent	Fruit	Confused	Tidy
Excited	Private	Reliable	Healthy	Justify	Kindness
Worried	Strangers	Determined	Energy value	Emotion	Resources
Favourite	Online	Generous	Impact	Frustrated	Values
Tornado Zone	Relationship	Respectful	5 a day	Selection	Resilient
Pressure Zone	Personal	Kind	Digestion	Reporting	Journalist
Chill Zone	Address	Brave	Weight	Sometimes	Job
Angry	Information	Confident	Endorphins	Hurt	Skills
Deep breath	Face-to-face	Resilient	Health	Justify	Patient
Finally	Bullying	Patient	Heart	Always	Photographer
Press pause	Repetitive	Gratitude	Pumping blood	Never	Money
Shaking	Physical	Thankful	Healthy	Danger	Need
Triggers	Emotional	Positive	Chemicals	Lying	Coins
Walk away	Upsetting	Relationships	Sleep	Dishonest	Trigger
Pit of Failure	Deliberate	Negative	Exercise	Believe	Items
Embrace failure	Harmful	Mistakes	Dangers	Impress	Want
Shame	Cruel	Changes	Screen time	Lies	Notes
Disappointed	Collaboration	Challenges	Television	Avoid	Tornado Zone
Practice	Sharing	Roller coaster	Video games	Peer pressure	Winning
Road to Success	Skills	Ups and downs	Lights	Harmful	Accusing
Response	Tower	Habits	Middle brain	Regret	Losing
Lie	Listening	Germes	Stranger	Influence	Painful
Blame	Positive	Sickness	Danger	Conflict	Lying
Honest	Freestanding	Healthy	Negative	Solution	Change
Hide	Stereotype	Protecting	Inappropriate	Tornado Zone	Triggered
Face	Judgement	Sleep	Internet	Disagreement	Spectrum
Take responsibility	Judging	Reduce	Images	Decision	Lottery
	Police officer		World wide web	Interrupt	Emotion
	Nurse		WWW		Position
	Gender		Videos		Life
	Violent		Protection		Reminder
	Pushing		Safety		Curse
	Throwing		Risks		
	Objects		Reduce		
	Jealousy		Pills		
	Pinching		Hazards		
	Kicking		Emergency		

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	Causes Injury		Sharp objects		
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 Resilience Resilient Lacks Reaction Improve Statement Emotions Sad Happy Excited Angry Worried Favourite Tornado Zone Pressure Zone Chill Zone Deep breath Finally Trigger Shaking triggers Walk away Active listening Fail Fear of failure	Belong Uncertain Shame Invisible Dehumanisation Disgust Childline Tolerance Intolerant Safe Foster parents Adopted Same sex Gender Single parent Grandparent Online relationship Rude Report button Bullying Repetitive Upsetting Deliberate Harmful Cruel Tease Impact Collaboration Sharing Support Listening Positive	Connection Insecure Proud Grateful Stress Relaxed Emotions Bottling up Express thoughts Gremlins Challenge Positive Values Determined Kind Resilient Respectful Honest Patient Reliable Courage Calm Generous Confident Loyal Independent Gratitude Thankful Relationships Thoughts Mistakes Changes	Gloomy Perfectionism Empowered Anxious Bored Surprised Sleep Tiredness Fresh Behaviour Attitudes Diet Healthy Balanced Obesity Grain Fruit and vegetables Dairy Fish and meat Fats and sugars Digestion Weight Protein Energy Carbohydrate Digestion Fibre Immune system Stretch Flexibility Strength Relax	Boundaries Lonely Heartbreak Trust Fitting in Defensive Relationship Healthy Abuse Statement Beliefs Unhealthy Unbalanced Needs Empathy Thoughts Anxious Reactions Emotions Frustrated Relationships Report Accident Justify Trusted Ignore Explain Honest Cheating Desperate Guilty Dishonest	Compassion Focussed Inspired Tense Frustrated Embarrassed Benefits Diversity Traditions Permission Tolerance Beliefs Community Environment Resources Selfish Empathy Vandalism Job Interviewer Strengths Character Interview Interviewee Weaknesses Tense Reduce Credit card Gambling Risk Debit card Addicted

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<p>Bounce bac</p> <p>Shame</p> <p>Practice</p> <p>Embrace failure</p> <p>Mistake</p> <p>Apologise</p> <p>Regret</p> <p>Taking responsibility</p> <p>Hide from the mistake</p>	<p>Communicate</p> <p>Tornado Zone</p> <p>Stereotype</p> <p>Judgement</p> <p>Judging</p> <p>Respect</p> <p>Behaviour</p> <p>Appearance</p> <p>Violent</p> <p>Physical impact</p> <p>Causes</p> <p>Emotional impact</p> <p>Victim</p>	<p>Embrace the challenge</p> <p>Victim mentality</p> <p>Wellbeing</p> <p>Habits</p> <p>Sleep</p> <p>Concentration</p> <p>Memory</p> <p>Immunity</p> <p>Heart</p> <p>Mood</p> <p>Weight</p> <p>Exercise</p> <p>Oxygenation</p> <p>Blood flow</p> <p>Noradrenaline</p> <p>Endorphins</p> <p>Stress</p> <p>Mood</p> <p>Obesity</p> <p>Muscles</p>	<p>Muscles</p> <p>Tense</p> <p>Blood flow</p> <p>Injury</p> <p>Posture</p> <p>Neck</p> <p>Shoulders</p> <p>Back</p> <p>Hamstrings</p> <p>Quads</p> <p>Ankles</p> <p>Smoking</p> <p>Dangers</p> <p>Heart</p> <p>Plaque</p> <p>Blood vessels</p> <p>Lungs</p> <p>Cilia</p> <p>Tar</p> <p>Skin</p> <p>Oxygen</p> <p>Wrinkles</p> <p>Premature ageing</p> <p>Hair loss</p> <p>Expense</p> <p>Peer pressure</p> <p>Addition</p> <p>Nicotine</p> <p>Chemical</p> <p>Internet</p> <p>Danger</p> <p>Images</p> <p>Inappropriate</p> <p>Comply</p> <p>Age restricted</p> <p>Harmful</p> <p>Anxiety</p> <p>Stranger danger</p> <p>Report</p> <p>Negative behaviour</p>	<p>Anxious</p> <p>Impress</p> <p>Unmotivated</p> <p>Peer pressure</p> <p>Negative</p> <p>Triggers</p> <p>Boundary</p> <p>Positive</p> <p>Influence</p> <p>Identify</p> <p>Stormy</p> <p>Disagreement</p> <p>Solution</p> <p>Trigger</p> <p>Calm</p> <p>Empathise</p> <p>Jealous</p> <p>Regret</p>	<p>Tournament</p> <p>Empathetic</p> <p>Resilient</p> <p>Shame</p> <p>Emotional awareness</p> <p>Change</p> <p>Screen time</p> <p>Nervous system</p> <p>Triggers</p> <p>Emotion</p> <p>Stress</p> <p>Signals</p>
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			Emergency Ambulance Red mist Respond Violence Dial, 999		
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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
<p>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</p>	<p>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</p>	<p>Vulnerable 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</p>	<p>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</p>	<p>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</p>	<p>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</p>

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Tornado Zone Shaking Walk away Active listening Fail Fear of failure Bounce back Shame Practice Embrace failure Apologise Shame Regret Taking responsibility Hide from the mistake Escape thoughts	Support Listening Positive Communicate Stereotype Judgement Judging Equal rights Racism Gender Violent Physical impact Tornado Zone Challenges Causes Emotional impact Spitting Childline	Positive Relationships Negative Mistakes Changes Challenges Roller coaster Ups and downs Habits Germs Sickness Healthy Protecting Sleep Reduce	Well-being Alcohol Underage Misuse Liver Poisoning Drunk Social media Applications Information Addiction Websites Communication Hacked Risk Manage Accidents Red mist Situations Emergencies Paramedic	Positive Dishonest Trust Pause Share Peer pressure Boundary Worried Cool Trapped Regret Conflict Humiliation Tornado Zone Difficult conversations Disagreement Checklist	Security Value for money Budget Entertainment Collaboration Winning Excuses Successful Tournament Barrier Change Local Experiences Stressful Global Stability Resilience
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
Courage Enraged Resentment Anguish Mistakes Unkindness Resilience Resilient Lacks Reaction Improve Statement Emotions	Belong Insecure Shame Compassion Dehumanisation Disgust Childline Safeguarding lead Tolerance Safe Foster parents Intolerance Celebrate	Vulnerability Perfectionism Calm Gratitude Humiliation Tranquil Sad Nervous Express Challenges Emotions Favourite Thoughts	Play Guilt Awe Bittersweet Dumbfounded Grief Sleep Tiredness Fresh Behaviour Attitudes Affects Influences	Nostalgia Freudenfreude Boundaries Trust Fitting in Schadenfreude Relationships Healthy Balanced Controlling Friendships Unhealthy Boundaries	Empowered Connection Proud Envy Humble Content Compassion Intolerance Tribalism Response Violence Diversity Discrimination

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Express	Step mum	Gremlins	Insomnia	Empathy	Tax
Anxious	Adopted	Scary	Mindfulness	Facial expressions	PTSD
Shame	Private	Independent	Fats	Mocking	Refugee
Excited	Strangers	Reliable	Fruit	Empathetic	In need
Thoughts	Relationship	Determined	Healthy	Recognising	Welfare
Triggered	Social media	Generous	Energy value	Valued	Domestic violence
Motivate	Digital footprint, personal	Respectful	Impact	Resentment	Peer pressure
Tornado Zone	Face-to-face	Kind	5 a day	Snitch	Pride
Pressure Zone	Cyberbullying	Brave	Digestion	Serious	Occupation
Chill Zone	Oversharing	Confident	Weight	Harmful	Motivators
Angry	Bullying	Resilient	Nutrients	Hurt	Work/life balance
Deep breath	Repetitive	Patient	Balanced diet	Dishonest	Motivation
Finally	Physical	Outcome	Endorphins	Address	Personal development
Trigger	Emotional	Value	Health	Report	Status
Shaking	Victim	Thankful	Heart	Well-being	Budget
Triggers	Upsetting	Positive	Pumping blood	Erodes	Overspend
Walk away	Deliberate	Relationships	Weight	Lies	Monitor
Active listening	Assertive	Negative	Healthy	Ignore	Retractable roof
Response options	Bystander	Mistakes	Chemicals	Addiction	Collaboration
Report them	Manage	Changes	Sleep	Fraud	Stadium
Fail	Collaboration	Challenges	Exercise	Slander	Terrace block
Fear of failure	Sharing	Roller coaster	Drugs	Perjury	Tournament
Bounce back	Support	Ups and downs	Misuse	Peer pressure	Empathetic
Practice	Profile	Explosions	Legal	Respond	Resilient
Embrace	Currency	Habits	Illegal	Assertive	Respectful
Failure	Listening	Screens	Physical	Influence	Shame
Mistake	Positive	Technology	Emotional	Passive	Emotional awareness
Apologise	Communicate	Over reliant	Damage	Bottle up	Opponent
Regret	Biography		Substance	Calm	Challenge
Taking responsibility	Citizen		Social media	Disagreement	Constant
Hide from the mistake	Stereotype		Social networking	Solution	Attitude
	Judgement		Dangers	Conflict	Change
	Judging		Messaging	Stormy	Trigger
	Teenager		Apps	Empathise	
	Equal rights,		Live feed		
	Racism		Trolling		
	Gender		Trolls		
	Disabled		Risk		
	Affray		Manage		
	Physical impact		Accidents		

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	Consequences Perpetrator Victim Assault Emotional impact GBH		Red mist Situations Emergencies Paramedic Head injury Common injury		
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