

PSHE DREAM Being in my world Key Vocabulary—Nursery and Foundation Stage

Gentle

Friend

Similar

Different

Angry

Happy

Excited

Nervous

Sharing

Rights

PSHE BELIEVE Being in my world Key Vocabulary—Year 1 and Year 2

Belonging

Rewards

Proud

Consequences

Upset

Disappointed

Worries

Hopes

Praise

Fears

Positive

Negative

Choices

Co-operate

Safe

Special

Actions

PSHE ACHIEVE Being in my world Key Vocabulary—Year 3 and 4

Valued

Achievements

Pleased

Acknowledge

Affirm

Emotions

Nightmare

Fears

Solutions

Support

Dream

Fairness

Included

Excluded

Democracy

Authority

Contribution

Observer

Voting

Decisions

PSHE ACHIEVE Being in my world Key Vocabulary—Year 5 and 6

Empathy

Comparison

Obstacles

Legal

Illegal

Lawful

Participation

Motivation

Decision

Challenge

Attitude

Citizen

Views

Opinion

Education

Collaboration

Cooperation

PSHE DREAM Dreams and Goals Key Vocabulary—Nursery and Foundation Stage

Dream	Goal	Challenge	Job	Ambition
Perseverance	Achievement	Happy	Kind	Encourage

PSHE BELIEVE Dreams and Goals Key Vocabulary—Year 1 and Year 2

Proud	Success	Process	Teamwork	Celebrate
Challenge	Feelings	Obstacle	Overcome	Realistic
Proud	Challenge	Difficult	Easy	Partner
Product				

PSHE ACHIEVE Dreams and Goals Key Vocabulary—Year 3 and 4

Future	Aspiration	Enterprise	Cooperation	Motivated
Enthusiastic	Excited	Efficient	Responsible	Frustration
Hope	Determination	Resilience	Disappointment	Fears
Hurts	Plans	Cope	Self-belief	Commitment

PSHE ACHIEVE Dreams and Goals Key Vocabulary—Year 5 and 6

Grown-up	Adult	Lifestyle	Job	Career
Profession	Salary	Contribution	Society	Culture
Sponsorship	Communication	Support	Difference	Suffering
Hardship	Admire	Praise	Compliment	Recognition

PSHE DREAM Healthy Me Key Vocabulary—Nursery and Foundation Stage

Healthy

Exercise

Scared

Trust

Knees

Toes

Sleep

Wash

Clean

Stranger

PSHE BELIEVE Healthy Me Key Vocabulary—Year 1 and Year 2

Balanced

Sleep

Choices

Clean

Hygienic

Medicines

Lifestyle

Motivation

Relaxation

Tense

Calm

Dangerous

Balanced

Portion

Energy

Fuel

Nutritious

Safe

Body

Diet

PSHE ACHIEVE Healthy Me Key Vocabulary—Year 3 and 4

Oxygen

Calories

Heartbeat

Lungs

Heart

Drugs

Attitude

Safe

Anxious

Scared

Strategy

Emotions

Assertive

Guilt

Advice

Alcohol

Disease

Anxiety

Believe

Fear

PSHE Achieve Healthy Me Key Vocabulary—Year 5 and 6

Choices

Pressure

Media

Influence

Procedure

Body image

Social media

Celebrity

Self-respect

Immunisation

Prevention

Prescribed

Unrestricted

Volatile

Exploited

Vulnerable

Criminal

Gangs

Reputation

Anti-social

PSHE DREAM K Relationships Key Vocabulary—Nursery and Foundation Stage

Family	Jobs	Relationship	Friend	Lonely
Argue	Feelings	Angry	Upset	Breathing

PSHE BELIEVE Relationships Key Vocabulary—Year 1 and Year 2

Belong	Caring	Sharing	Greeting	Community
Confidence	Praise	Incredible	Proud	Celebrate
Similarities	Acceptable	Conflict	Secret	Frightened
Honesty	Reliability	Compliments	Body	Trust

PSHE ACHIEVE Relationships Key Vocabulary—Year 3 and 4

Stereotype	Messaging	Inequality	Exploitation	Justices
Equality	Deprivation	Hardship	Appreciation	Gratitude
Jealousy	Shock	Disbelief	Numb	Denial
Despair	Negotiate	Compromise	Amicable	Appreciate

PSHE ACHIEVE Relationships Key Vocabulary—Year 5 and 6

Unique	Gaming	Violence	Grooming	Betting
Mental health	Ashamed	Stigma	Anxiety	Hopelessness
Power	Authority	Judgement	Cyber-bullying	Abuse
Privacy	Troll	Gambling	Self-esteem	Grief

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PSHE DREAM Changing Me Key Vocabulary—Nursery and Foundation Stage

Baby

Grown-up

Adult

Change

Worry

Excited

Memories

PSHE BELIEVE Changing Me Key Vocabulary—Year 1 and Year 2

Life cycles

Mature

Male

Female

Vagina

Penis

Testicles

Vulva

Anus

Anxious

Public

Private

Acceptable

Unacceptable

Independent

Touch

New

Grow

Feelings

Teenager

PSHE ACHIEVE Changing Me Key Vocabulary—Year 3 and 4

Birth

Animals

Babies

Mother

Periods

Uterus

Womb

Nutrients

Survive

Love

Affection

Puberty

Sperm

Ovaries

Making love

Sexual intercourse

Fertilise

Conception

Puberty

menstruation

PSHE Achieve Changing Me Key Vocabulary—Year 5 and 6

Oestrogen

Fallopian
tube

Cervix

Adams apple

Scrotum

Genitals

Sperm

Semen

Erection

Ejaculation

Urethra

Wet dream

Larynx

Pubic hair

Hormones

Testosterone

Circumcised

Foreskin

Foetus

Contraception

Pregnancy

Midwife

Labour

Sexting

Transition