



Vocabulary progression PSHE

Emotional literacy for our children and ourselves is vital in being able to expand our communication and understand feelings we have- anxiety is very different to sadness for example. Once we have a better understanding of the emotions we are feeling we have more strategies to help ourselves.

Below are general PSHE terms used across our setting. We then have emotional literacy and subject specific progression.

PSHE general terms:

<u>Terminology</u>	<u>Definition</u>
PSHE	Personal, Social, Health & Economic education
RSE	Relationships Education & Health Education
Health	the state of physical, mental and social well-being in which disease and infirmity are absent
Well being	the state of being comfortable, healthy or happy.
Relationship	the way in which two or more people or things are connected, or the state of being connected.
Living in the wider world	understanding our rights and responsibilities in the world beyond our home environment.
Economy	careful management of available resource
Respect	treating someone with respect means that you interact with them in a way that shows that you care about their well-being and how they feel.

Emotional Literacy and subject specific progression:

Reception & Year 1

<u>Emotional Literacy</u>	<u>Subject specific</u>	
Sad Happy Mad Scared Surprised	Like/ dislike	Loved, liked or wanted very much/ a feeling of distaste or hostility
	Disease	a change in a living body that prevents it from functioning normally
	Secret	hidden from the knowledge of others
	Surprise	to feel wonder or amazement because of something unexpected
	Belong	To be/feel part of something
	Spend	to use (money) to pay for something.
	Save	to put aside for later use
	Talents	A natural ability
	Goals	A goal is like a target or something you shoot for. ... People set goals for things they want to achieve or get better at.

Year 2		
Emotional Literacy	Subject specific	
Sad Happy Angry Scared Worried Excited Surprised	Fair/ Unfair	not favouring one over another
	Action	the doing of something
	Consequence	a result of something a person does.
	Cooperatively	working together to do something
	Rest	to relax, sleep, or refrain from taking part in work or an activity
	Environment	The environment includes everything living and everything non-living
	Citizen	a person who lives in a particular place
	Cost	the amount paid or charged for something
	Loss	harm or distress that comes from losing something or someone
	Feedback	Given to improve the quality of something by providing specific and helpful feedback to create a positive change
Year 3		
Emotional Literacy	Subject specific	
Upset Tearful Anxious Frustrated Hurt Disappointed Joyful Proud Interested Excited Amazed Guilty Lonely Brave	Empathy	someone is able to share or understand the emotions and feelings of another person
	Bacteria	microscopic living organisms, usually one-celled, that can be found everywhere. They can be dangerous, such as when they cause infection, or beneficial
	Bully	Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it,
	Peer pressure	People who are your age, are called peers. When they try to influence how you act, to get you to do something, it's called peer pressure
	Stress	Stress is what you feel when you are worried or uncomfortable about something
	Collaborate	to work with others
	Values	worth, usefulness or importance
	Customs	Something that many people do, and have done for a long time
	Cultures	Culture is a pattern of behaviour shared by a society, or group of people
	Budget	a plan for using money
	Year 4	
Emotional Literacy	Subject specific	
Upset Tearful Anxious Frustrated Hurt Disappointed Joyful	Challenge	To push and/ or test a skill or ability
	Stereotypes	A fixed, over generalised belief about a particular group or class of people.
	Social norms	an accepted behaviour that an individual is expected to conform to in a particular group, community, or culture

Proud Interested Excited Amazed Guilty Lonely Calm Depressed Confident Brave Jealous Embarrassed Respected	Self-regulate	the ability to understand and manage your behaviour and your reactions to feelings and things happening around you
	Misinterpreted	failure to understand or interpret something correctly
	Misrepresented	to give a false or misleading idea
	Discrimination	Discrimination is when someone is treated unfairly or differently
	Enterprise	A project that is generally difficult, complicated, or risky.
	Global warming	The increase in Earth's average temperature over a long period of time
	Constructive feedback	Given to improve the quality of something by providing specific and helpful feedback to create a positive change

Year 5

<u>Emotional Literacy</u>	<u>Subject specific</u>	
Furious Frustrated Jealous Embarrassed Ashamed Humiliated Rejected Anxious Overwhelmed Confused Eager Astonished Respected Accepted Energetic Inquisitive Powerless Hesitant Disapproving Irritated Isolated	Tolerance	Willingness to accept people whose race, religion, opinions, or habits are different from one's own
	Media	The system and organisations of communication through which information is spread to a large number of people
	Coercion	To compel by force, intimidation, or authority, especially without regard for individual desire or volition
	Culture	A pattern of behaviour shared by a society, or group of people. Includes food, language, clothing, tools, music, arts, customs, beliefs, and religion
	Stereotype	A fixed, over generalised belief about a particular group or class of people.
	Racism	Unfair treatment of people based on the opinion that one race is better than another race or races.
	Citizenship	Being a full member of a country
	Democracy	The word comes from two Greek words that mean "rule by the people." In a democracy the people have a say in how the government is run, they do this by voting
	Ethical consumer	Buying products which were ethically produced and/or which are not harmful to the environment and society
	Resilience	Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. Resilient children are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts

Year 6

<u>Emotional Literacy</u>	<u>Subject specific</u>	
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Furious Frustrated Jealous Embarrassed Ashamed Humiliated Rejected Anxious Overwhelmed Perplexed Eager Astonished Respected Accepted Energetic Inquisitive Powerless Hesitant Disapproving Irritated In awe Worthless Devastated Revolted Vulnerable Isolated Peaceful	Own worth	Having a favourable opinion of yourself. It means having unshakable faith in yourself and in your ability to follow through and get things done
	Society	A community or group of people having common traditions, institutions, and interests
	Puberty	Is the name for the time when your body begins to develop and change as you begin to move from child to adult.
	Habits	Something that a person does often in a regular and repeated way
	Controversial	Causing arguments or debates
	Savings	Money not spent and kept aside
	Interest (£)	Interest is a fee paid for borrowing money
	Tax	Taxes are ways that the government can collect money from its citizens to pay for things that the people need like schools and roads.
	Debt	When someone owes to someone else. Usually, debt is in the form of money, but it can also be items or services
	Bereavement	When we lose someone of importance in our life