



# OJS Key Vocabulary for PSHE

## Learning about ourselves and others



### Oatlands Infant School

#### **Being Me In My World**

**EYFS** - Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns  
**Yr1** - Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration  
**Yr2** - Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, CoOperate, Problem Solving

#### **Celebrating Difference**

**EYFS** - Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family  
**Yr1** - Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique  
**Yr2** - Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Unique, Value

#### **Dreams and Goals**

**EYFS** - Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage  
**Yr1** - Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve  
**Yr2** - Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product

#### **Healthy Me**

**EYFS** - Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare  
**Yr1** - Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait  
**Yr2** - Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious

#### **Relationships**

**EYFS** - Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing  
**Yr1** - Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate  
**Yr2** - Similarities, Special, Important, Co-operate, Physical contact, Communication, Hugs, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate

#### **Changing me**

**EYFS** - Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories  
**Yr1** - Changes, Life cycles, Adulthood, Mature, Male, Female, Anxious, Worried, Excited, Coping  
**Yr2** - Grow, Control, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Public, Private, Touch



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### *Learning about ourselves and others*

<p><b><u>Being Me In My World</u></b>          Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong</p>	<p><b><u>Celebrating Difference</u></b>          Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment</p>	<p><b><u>Dreams and Goals</u></b>          Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Evaluate</p>
<p><b><u>Healthy Me</u></b>          Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice</p>	<p><b><u>Relationships</u></b>          Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude</p>	<p><b><u>Changing me</u></b>          Private/private parts, PANTS rules, The right to say no, Embarrassed/uncomfortable, Appropriate/good touch, Inappropriate/bad touch, Penis, Vagina, Change, Birth, Animals, Babies, Mother, Growing up, Male, Female, Stereotypes, Task, Roles, Challenge</p>

### **Year 4**

<p><b><u>Being Me In My World</u></b>          Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)</p>	<p><b><u>Celebrating Difference</u></b>          Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed</p>	<p><b><u>Dreams and Goals</u></b>          Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise</p>
<p><b><u>Healthy Me</u></b>          Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower,</p>	<p><b><u>Relationships</u></b>          Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain,</p>	<p><b><u>Changing Me</u></b>          Puberty, Periods/menstruation, Control, Change, Acceptance, Personal, Penis,</p>



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Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong	Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.	Vagina, Vulva, Testicles, Scrotum, Anus, Nipple, Breast, Tampon, Sanitary towel, Cycle, Ovary
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### Year 5

<p><b><u>Being Me in My World</u></b> Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective</p>	<p><b><u>Celebrating Difference</u></b> Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation</p>	<p><b><u>Dreams and Goals</u></b> Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference</p>
<p><b><u>Healthy Me</u></b> Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation</p>	<p><b><u>Relationships</u></b> Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Positive, Negative, Safe, Unsafe, Rights, Social network, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile</p>	<p><b><u>Changing Me</u></b> Body image, Self-image, Looks, Personality, Perception, Self-esteem, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Facial hair, Pubic hair, Hormones, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Period pants</p>

### Year 6

<p><b><u>Being Me In My World</u></b> Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws,</p>	<p><b><u>Celebrating Difference</u></b> Male, Female, Biological sex, Stereotype, Individuality, Diverse, Different, Equality, Fairness, Identity, Gender Identity, Transgender, Non-binary, Courage, Fairness, Rights</p>	<p><b><u>Dreams and Goals</u></b> Learning, Stretch, Personal, Realistic, Unrealistic, Success, Criteria, Learning steps, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition</p>
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### *Learning about ourselves and others*

Participation, Motivation, Decision		
<p><b>Healthy Me</b></p> <p>Responsibility, Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over the counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure</p>	<p><b>Relationships</b></p> <p>Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real/fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety</p>	<p><b>Changing Me</b></p> <p>Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Oestrogen, Fallopian Tube, Cervix, Semen, Erection, Ejaculation, Urethra, Wet dream, Scrotum, Testosterone, Foreskin, Embryo, Umbilical cord, IVF, Foetus, midwife, labour, Age appropriateness, Attraction</p>