

## Jigsaw PSHE/SMSC Vocabulary

### EYFS

#### Being Me in My World

Kind, gentle, friend, similar, similarity, different, rights, responsibilities, feelings, excited, angry, happy, nervous, sharing, taking turns.

#### Celebrating Difference

Different, special, proud, friends, kind, same similar, happy, sad, frightened, angry, family.

#### Dreams and Goals

Dream, goal, challenge, job, ambition, perseverance, achievement, happy, kind, encourage.

#### Healthy Me

Healthy, exercise, head, shoulders, knees, toes, sleep, wash, clean, stranger, scared, trust

#### Relationships

Family, jobs, relationship, friend, lonely, argue, fall out, words, feelings, angry, upset, calm me, breathing

#### Changing Me

Eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, baby, grown up, adult, change, worry, excited, memories.

## Year 1

### Being Me in My World

Safe, special, calm, belonging, special, rights, responsibilities, learning charter, rewards, rules, proud, consequences, upset, disappointed.

### Celebrating Difference

Similarity, same as, different from, difference, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bully, bullied, celebrations, special, unique.

### Dreams and Goals

Proud, success, achievement, goal, treasure, coins, goal, learning, stepping stones, process, working together, team work, celebrate, challenge, feelings, obstacles, overcome, achieve, dreams, goals.

### Healthy Me

Healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, toothbrush, shampoo, soap, hygiene, safe, medicine, trust, safe, safety, green cross code, eyes, ears, look, listen, wait.

### Relationships

Family belong, same different, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self belief, incredible, proud, celebrate, relationship, special, appreciate.

### Changing Me

Changes, life cycles, baby, adult, adulthood, grown up, mature, male, female, learn, now, grow, feelings.

## Year 2

Worries, hopes, fears, belonging, rights, responsibilities, responsible, actions, praise, reward, consequence, positive, negative, choices, cooperate, learning charter, problem solving.

Boys, girls, similarities, assumptions, shield, stereotypes, special, differences, bully, purpose, kind, unkind, feelings, sad, lonely, help, stand up for, male, female, diversity, fairness, kindness, friends, unique, value.

realistic, proud, success, celebrate, achievement, goal, strength, persevere, challenge, difficult, easy, learning together, partner, team work, product

Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutrition, nutritious

Family, different, similarities, special, relationship, important, cooperate, touch, physical contact, communication, hugs, like, dislike, acceptable, not acceptable, friends, conflict, point of view, positive problem solving, secret, surprise, good secret, worry secret, telling, adult, trust, happy, sad, frightened, trustworthy, honesty, reliability, compliments, celebrate, appreciate.

## Changing Me

Change, grow, control, life cycle, baby, adult, fully grown, growing up, old, young, change, respect, appearance, physical, baby, toddler, child, teenager, independent, timeline, freedom, responsibilities, male, female, cuddle, hug, like, dislike, acceptable, unacceptable, comfortable, uncomfortable, looking forward, excited, nervous, anxious, happy.

### Being Me in My World

Welcome, valued, achievements, proud, pleased, personal goal, praise, acknowledge, affirm, emotions, feelings, nightmare, fears, worries, solutions, support, rights, responsibilities, learning charter, dream, behaviour, rewards, consequences, actions, fairness, choices, cooperate, group dynamics, team work, view point, belong.

### Celebrating Difference

Family, loving, caring, safe, connected, difference, special, conflict, solve it together, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, tell, consequences, hurtful, compliment, unique

### Dreams and Goals

Perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspiration, team-work, enterprise, cooperation, strengths, motivated, enthusiastic, excited, efficient, responsible, frustration, solve it together techniques, solutions, review, learning, celebrate, evaluate.

### Healthy Me

Oxygen, energy, calories, heart beat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, harmful, risk, feelings, complex, appreciate, body, choice.

### Relationships

Men, women, unisex, male, female, stereotype, career, job role, responsibilities, respect, difference, similarities, conflict, win/win, solution, solve it together techniques, problem solve, internet, social media, online, online, risky, gaming, safe, unsafe, private messaging, direct messaging, global communication, fair trade, inequality, food journey, climate, transport, exploitation, rights, needs, wants, justice, United Nations, equality, deprivation, hardship, appreciation, gratitude, celebrate.

Changes, birth, animals, babies, mother, growing up, baby, grow, uterus, womb, nutrients, survive, love, affection, care, puberty, control, male, female, stereotypes, task, roles, challenge, looking forward, excited, nervous, anxious, happy.

## Year 4

Included, welcome, valued, team, charter, role, job description, school community, responsibility, rights, democracy, democratic, decisions, voting, authority, learning charter, contribution, observer, UN Convention on Rights of Child (UNCRC) reward, consequence.

Character, assumption, judgement, surprised, different, appearance, accept, influence, opinion, attitude, bullying, friend, secret, deliberate, on purpose, bystander, witness, bully, problem solve, cyber bullying, text message, website, troll, special, unique, physical features, impression, changed.

Dream, hope, goal, determination, perseverance, resilience, positive attitude, disappointment, fears, hurts, positive experiences, plans, cope, self belief, motivation, commitment, enterprise, design, cooperation, success, celebrate, evaluate.

Friendship, emotions, healthy, relationships, friendship groups, values, roles, leader, follower, assertive, agree, disagree, smoking, pressure, peers, guilt, advice, alcohol, liver, disease, anxiety, fear, believe, assertive, opinion, right, wrong.

## **Relationships**

Relationship, close, jealousy, problem solve, emotions, positive, negative, loss, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hope, souvenir, memento, memorial, acceptance, relief, remember, negotiate, compromise, trust, loyal, empathy, betrayal, amicable, appreciation, love.

## **Changing Me**

Personal, unique, characteristics, parents, ovaries, fertilise, conception, puberty, menstruation, periods, circle, seasons, change, control, emotions, acceptance, looking forward, excited.

## **Year 5**

Goals, worries, fears, value, welcome, choice, Ghana, West Africa, Cocoa Plantation, Cocoa pods, machete, rights, community, education, wants, needs, Maslow, empathy, comparison, opportunities, education opportunities, choices, behaviour, responsibilities, rewards, consequences, empathise, learning charter, obstacles, cooperation, collaboration, legal, illegal, lawful, laws, participation, motivation, democracy, decision, proud

Culture, conflict, difference, similarity, belong, culture wheel, racism, colour, race, discrimination, ribbon, bullying, rumour, name calling, racist, homophobic, cyber bullying, texting, problem solving, indirect, direct, happiness, developing world, celebration, artefacts, display, presentation

Dream, hope, goal, feeling, achievement, money, grown up, adult, lifestyle, job, career, profession, money, salary, contribution, society, determination, perseverance, motivation, aspiration, culture, country, sponsorship, communication, support, rallying, team work, cooperation, difference.

Choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, emergency, procedure, recovery position, calm, level headed, body image, media, social media, celebrity, altered, self respect, comparison, eating problem, eating disorder, respect, debate, opinion, fact, motivation.

## **Relationships**

Personal attributes, qualities, characteristics, self esteem, unique, comparison, negative self talk, social media, online, community, risky, positive, negative, safe, unsafe, rights, responsibilities, social network, gaming, violence, grooming, troll, gambling, betting, trustworthy, appropriate, screen time, physical health, mental health, offline, social, peer pressure, influences, personal information, passwords, privacy, settings, profile, SMARRT rules.

## **Changing Me**

Body image, self image, characteristics, looks, personality, perception, self esteem, affirmation, comparison, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, hips, Adam's apple, genitals, hair, broader, wider, growth spurt, larynx, facial hair, pubic hair, hormones, testosterone, conception, embryo, umbilical chord, IVF, foetus, contraception, pregnancy, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, age appropriateness, legal, laws, responsible, teenager, responsibilities, rights.

Year 6

## Being Me in My World

Challenge, goal, attitude, actions, rights and responsibilities, United Nations Convention on the Rights of the Child, consequences, citizen, choice, views, opinion, collaboration, collective decision, democracy.

## Celebrating Difference

Normal, ability, disability, visual impairment, empathy, perception, medication, vision, blind, male, female, diversity, transgender, gender diversity,, courage, fairness, rights, responsibilities, power, struggle, imbalance, harassment, bullying, bullying behaviour, direct, indirect, argument, recipient, para-Olympian, achievement, accolade, perseverance, sport, admiration, stamina, celebration, conflict.

## Dreams and Goals

Dream, hope, Goal, learning, strengths, achievement, personal, realistic, unrealistic, feeling, success, criteria, learning steps, money, global issue, suffering, concern, hardship, sponsorship, empathy, motivation, admire, respect, praise, compliment, contribution, recognition.

## Healthy Me

Responsibility, choice, immunisation, prevention, drugs, effects, motivation, 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.

## **Relationships**

Mental health, ashamed, stigma, stress, anxiety, support, worried, signs, warning, self harm, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, 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.

## **Changing Me**

Body image, self image, characteristics, looks, personality, perception, self esteem, affirmation, comparison, negative body talk, mental health, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, hips, Adam's apple, testosterone, period, fertilised, unfertilised, conception, embryo, umbilical chord, IVF, foetus, contraception, pregnancy, midwife, labour, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, age appropriateness, legal, laws, responsible, teenager, responsibilities, rights, opportunities, freedom, attraction, relationship, love, transition, secondary, looking forward, journey, worries, anxiety, excitement.