

RSE & PSHE

Key vocabulary



Including definitions and coverage of keywords

This document outlines the key vocabulary that is covered across our RSE & PSHE scheme of work.

RSE & PSHE vocabulary

EYFS

Self regulation: My feelings

- **Emotions**

The range of feelings that someone can have, such as happiness or anger.

- **Feelings**

Emotions that a person can have.

- happy
- sad
- angry
- calm
- scared
- loved
- happy
- cheerful
- positive
- delighted
- smiley
- sad
- unhappy
- upset
- gloomy
- miserable
- angry
- cross
- annoyed
- frustrated
- furious
- loving
- caring
- supportive
- affectionate
- friendly
- calm
- peaceful
- quiet
- still
- relaxed
- scared
- nervous
- anxious
- worried
- unsure
- worried
- excited
- surprised
- tired
- proud
- shy
- bored
- sorry

RSE & PSHE vocabulary

EYFS

Building relationships: Special relationships

- **Family**
A unit of people joined together.
- **Love**
Feelings of affection and care.
- **Friend**
Someone you like and enjoy spending time with.
- **Share**
To have or use something at the same time as someone else.
- **Unique**
Something original and unlike anything else.
- **Interests/Hobbies**
Activities or subjects you enjoy or want to know more about.
- **Similar**
Something that is nearly the same as another thing.
- **Different**
Something that is not the same as something else.
- **Diversity**
Recognising and valuing difference.
 - valuable
 - special
 - different
 - sharing
 - take turns
 - timer
 - passion
 - like
 - dislike
 - enjoy
 - special
 - individual
 - same

RSE & PSHE vocabulary

EYFS

Taking on challenges

- **Rule**
Something that tells us what is allowed or not allowed.
- **Persistence**
Keeping on going, even though things might be difficult.
- **Challenge**
Something that is difficult and tests your ability or determination.
- **Problem solving**
The process of finding solutions to problems.
- **Mistake**
Doing something incorrectly.
- **Cope**
Deal successfully with a difficult situation.
- **Teamwork**
Working well together as a group.
- **Grounding technique**
A strategy you can use to calm yourself when you feel frustrated or unable to cope.
- **Trial and error**
A way of solving a problem by trying a number of techniques and learning from your mistakes.
- collaboration
- communication
- difficulty
- worried
- anxious
- panicked
- frustrated
- upset
- calm
- relaxed
- happy
- try
- stronger
- reason
- right
- wrong
- safe
- confident
- comfortable
- fair
- equal
- enjoyable
- calm
- orderly

RSE & PSHE vocabulary

EYFS

Listening and following instructions

- **Listening**
Hearing and understanding what someone is saying to you.
- **Persevere**
To keep on going, even though things might be difficult.
- **Team**
A group of people all working together towards the same aims.
- explain
- instructions
- odd
- different
- clue
- friends
- truth
- feelings
- honest

My family and friends

- **Festival**
A day or period of celebration, usually for cultural or religious reasons.
- **Celebration**
A special event that has been organised to celebrate something.
- **Turn-taking**
In conversation or in a game, allowing the other person to speak and have a go, and then having your turn and repeating this process.
- **Support**
To help someone when they are going through tough times or are upset.
- special event
- religion
- culture
- beliefs
- tradition
- kind
- polite
- fun
- gentle
- good listener
- trust
- helps
- snatch
- rough
- unkind
- compliment
- loved
- appreciated
- collaborate
- work together
- encourage
- party
- relationship

RSE & PSHE vocabulary

EYFS

Managing self: My wellbeing

- **Exercise**
Being physically active and moving your body.
 - **Breathing**
Air moving in and out of the lungs.
 - **Heart-rate**
The speed at which the heart is beating.
 - **Health**
Physical health means that your body is well. Mental health is related to your emotions.
 - **Relaxation**
Resting your body and mind.
 - **Independence**
Being able to do something by yourself, without help.
 - **Pedestrian**
A person who travels by walking, rather than in a vehicle.
- movement
 - healthy
 - heart
 - lungs
 - brain
 - bones
 - muscle
 - yoga
 - meditate
 - pose
 - care
 - wellbeing
 - routine
 - balanced
 - diet
 - energy
 - superfood
 - hazard
 - crossing
 - sensible
 - aware

RSE & PSHE vocabulary

Year 1

Families and relationships

- **Behaviour**
The way that somebody acts around other people
- **Care**
Looking after someone or something
- **Emotions**
The range of feelings that someone can have, such as happiness or anger
- **Family**
A unit of people joined together by blood, marriage, or other means including adoption or a close social bond
- **Feelings**
Emotions that a person can have
- **Friend**
Someone you like and enjoy spending time with
- **Friendly**
Being nice or kind to someone
- **Problem**
A difficult matter or situation
- **Stereotype**
An oversimplified view or idea about something, often someone, which is often untrue and many people might believe
- **Permission**
Allowing someone to do a particular thing.

Health and wellbeing

- **Allergy**
A strong reaction to something (e.g. certain foods, pollen)
- **Emotions**
The range of feelings that someone can have, such as happiness or anger
- **Feelings**
Emotions that a person can have
- **Germs**
A very small living thing which can make us ill
- **Ill (poorly)**
Not feeling well because of an illness or disease
- **Qualities**
The personality traits that make someone who they are
- **Relax**
To rest or take a break

RSE & PSHE vocabulary

Year 1

Safety and the changing body

- **Accident**
Something that happens unintentionally
- **Drug**
A substance which changes the way the body, and sometimes the mind works, and can have a positive or negative effect (medicines are drugs)
- **Emergency**
When someone is badly hurt, very ill or there has been a bad accident
- **Hazards**
Dangerous or risky things that should be avoided if possible
- **Medicine**
Something you take to make you better if you are ill
- **Physical contact**
One person touches another
- **Polite**
Respectful and considerate behaviour towards others
- **Respect**
Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved
- **Role**
A particular job you do as part of a larger task, or the part you play in it
- **Trust**
Relying on someone to do something for you, such as keeping something safe for you



RSE & PSHE vocabulary

Year 1

Citizenship

- **Care**
Looking after someone or something
- **Democracy**
A system of government where everyone can vote for who they want to represent them
- **Different**
Something that is not the same as something else
- **Fair**
Treating everyone equally
- **Pet**
An animal we look after and care for in our homes
- **Responsibility**
Being in charge of our own actions
- **Rule**
Something that tells us what is allowed or not allowed
- **Similar**
Something that is nearly the same as another thing
- **Unique**
Something original and unlike anything else
- **Vote**
A choice for a person or thing

Economic wellbeing

- **Banks and building societies**
Look after your money and can lend you money that you have to pay back
- **Cash**
Physical money such as notes or coins
- **Earn**
To get money for doing something, such as a job
- **Save**
Keeping money for something special or for the future
- **Skill**
The ability to do something well
- **Spend**
Buying something with money
- **Value**
How much a coin or note is worth

RSE & PSHE vocabulary

Year 2

Families and relationships

- **Friendship**
A special bond between yourself and a friend
- **Love**
Feelings of affection and care
- **Manners**
A way of behaving that shows respect towards other people

Previously covered:
Emotions (Y1), Family (Y1),
Feelings (Y1), Stereotype (Y1),
Respect (Y1)

Health and wellbeing

- **Diet**
The food we eat
- **Exercise**
Movement of the body for our health and fitness
- **Goal**
Something you want to achieve
- **Growth mindset**
Believing that we can achieve things if we work hard. 'I can't do it yet!'
- **Healthy**
Being well, both physically and mentally
- **Physical activity**
Something that requires someone to move their body
- **Relaxation**
Doing calming activities such as having a bath or reading a book
- **Skill**
The ability to do something well
- **Strengths**
The things we are good at

Previously covered:
Emotions (Y1), Feelings (Y1)

RSE & PSHE vocabulary

Year 2

Safety and the changing body

- **Medicine**
Something you take to make you feel better when you are ill
- **Pedestrian**
A person walking to travel somewhere
- **Private**
Something personal or secret
- **Secret**
Something that is not supposed to be known about or seen by anyone
- **Surprise**
An unexpected fact or event
- **Penis**
The male external sex organ
- **Testicles/testes**
Produce sperm and male sex organs
- **Vulva**
The external female sex organs
- **Vagina**
The tube inside a woman connecting the womb to the vulva



RSE & PSHE vocabulary

Year 2

Citizenship

- **Election**
An event where people vote
- **Environment**
The local surroundings or place a person lives or works in
- **Identity**
Who someone is and how they define themselves
- **Job**
Paid work carried out on a regular basis
- **Opinion**
What a person thinks about something
- **Rule**
Something that tells us what is allowed or not allowed
- **School council**
A group of children who help make school better
- **Volunteer**
A person who offers to help out with tasks or activities without getting paid
- **Vote**
A choice for a person or thing

Previously covered:
Responsibility (Y1)

Economic wellbeing

- **Coins**
Official disks of metal used as money
- **Need**
Something that we need or require to survive, rather than just simply 'want'
- **Notes**
Official printed paper which is used as money
- **Priority**
Something that should come before anything else
- **Want**
Something we would like to have

Previously covered:
**Banks and building societies (Y1),
Cash (Y1), Earn (Y1), Save (Y1)**

