



Vocabulary Progression in RSHE / PSHE



	EYFS	KS1	LKS2	UKS2
Meet Your Brain	Brain, Cells, Team H-A-P, Happy Breathing, Big Emotions	Hippocampus, Amygdala, Prefrontal Cortex, Neuroplasticity, 'Fight, Flight Freeze'	Mind, Focus, Neuron, Oxygen, Real Danger, Perceived Danger, Trigger	Cortisol, Dopamine
Celebrate	Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and Our World,	Character Strengths, Unique, Special Strength Spotting,	Genetics, Neural Pathways	Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues
Appreciate	Thankful, Ourselves, Others, Experiences,	Appreciate, Grateful, Wheel of Gratitude	Attitude of Gratitude	Gratitude Domino Effect,
Relate	Get Along, People, Listening,	Relate, Active Listening, 'Stop, Understand and Consider' Friendships, Differences	Relationships, Perspectives	
Engage	Engage, Activity, Goal, Believe,	Perseverance, Goal Setting, 'Feel Good, Do Good', Believe to Achieve, Habits	Resilience, Dopamine	Cortisol, Team Goals
My Happy Places	Feelings, emotions, stamps Happy Place, Middle Place, Busy Place	facial expressions, body, heart, strategies	physical health, trusted adult, support	
Families and positive close relationships		close, extended, family, care, member, worried, trusted	blended family, relationship, trusted, security, stability	marriage, affection, love,
Friendships		friend, respect, friendship, kind, opinions, disagreements	truthfulness, honesty, support star, included, excluded	healthy friendships, online, offline, safe, peer pressure, uncomfortable
Safe Relationships		safe, unsafe, secret, surprise, permission, physical contact, uncomfortable	privacy, personal boundaries, pressure,	consent, permission
Showing Respect and managing hurtful behaviour		bullying, several incidents, on purpose, trusted adult, acceptable, essential, hurtful	respect, treating, positive environment, bullying	online, offline,
Healthy Lifestyles		healthy, unhealthy, habits, hygiene, routine, germs, spreading	balanced, lifestyle, diet, choices, influence	personal hygiene, bacteria, viruses, early signs, prevent,

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				medicine, vaccinations, immunisations
Keeping Safe		safe, unsafe, trusted adult, rules, emergency	hazard, risk, avoid, unattended	
First Aid			Emergency services	medical professional, emergency, first aid,
Drugs, Alcohol and Tobacco				drugs, substances, laws, legal, illegal, drugs, alcohol, tobacco, media, risks, effects
Ourselves Growing and Changing		grow, change, needs, stage, baby, child, adult, young, old.	grief, loss, passing away	
Shared Responsibilities		rules, respect	compassion, opinion, environment	laws, human rights, rights, responsibilities, debate
Communities		community, roles, responsibilities	respect, diversity, contribute,	values, challenge, fair and unfair, prejudice, discrimination, stereotypes
Media Literacy and Digital Resilience		internet, digital device, communication	screen time, benefit, protect, personal information, online	inappropriate content, age restrictions, social media, internet safety, edited content, fake information, online risk
Economic Wellbeing		money, wants, needs, jobs, community, save, spend	payment, paying, keeping track, careers	cash, spending, priorities, budget, risk, safe, stolen, passwords

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