



## PSHE vocabulary list

Theme	EYs	Y1	Y2	Y3	Y4	Y5	Y6
<b>It's good to be me – managing my emotions</b>	Happy	Proud	Interested Confident	Joyful Excited Respected	Peaceful Powerful Optimistic Accepted	Ecstatic Amused Inquisitive Inspired	Fulfilled Courageous Loving Hopeful
Sad	Bored	Lonely Ignored	Despair Guilty	Abandoned Ashamed Powerless	Depressed Indifferent Inferior	Remorseful Vulnerable Isolated	
Angry	Hurt Mad	Frustrated Hate Furious Irritated	Aggressive Distant Embarrassed Threatened	Jealous Sceptical Worthless Inferior Overwhelmed	Critical Devastated Jealous Sceptical Worthless Inferior Overwhelmed	Victimised Enraged Resentful Infuriate Suspicious Humiliated Ridiculed Rejected	Apathetic Insecure Provoked Hostile Withdrawn Insecure Alienated Inadequate
Surprise	Amazed Excited	Startled Shocked Energetic	Disgust Disappointed Disapproval	Awful Avoid	Dismayed Astonished Eager Isolating Hesitant	Perplexed Disillusioned Detestable Revulsion	Liberated Awe Aversion
<b>Celebrating difference</b>	Different Same	Difference Similarity	Bullying Deliberate Fairness Unique	Conflict Solutions Resolve Bystander	Assumptions Judgement Appearance Cyber bullying	Culture Racism Race Discrimination	Disability Empathy Fairness Harassment

			Value Stereotypes	Witness	Text message	Gay Homophobic Direct/ Indirect bullying	Admiration
<b>Dreams and goals</b>	Celebrate Challenge	Goal Learning Dream Achievement	Resilience Persevere Success	Ambitious Aspiration Evaluate	Determination Disappointment Commitment	Lifestyle Job Career Profession Salary Contribution Society	Realistic Unrealistic Hardship Suffering Empathy Admire Recognition
<b>Healthy Me</b>	Exercise Sleep	Healthy Unhealthy Balanced	Hygienic Medicines Dangerous Relaxation Tense Calm Balanced diet Portion Nutritious Energy	Oxygen Calories Heartbeat Lungs Heart Fitness Sugar Saturated fat Drugs Harmful Safe	Leader Follower Smoking Pressure Peers Alcohol Liver Disease Assertive Right Wrong	Media Influence Emergency Comparison Opinion Fact Debate	Immunisation Prevention Prescribed Illegal Criminal Gangs Anti-social behaviour Crime
<b>Relationships</b>	Family Friend	Like Dislike Care Share Kind Relationship	Co-operate Point of view Honesty Reliability Trust Compliment	Unisex Job Stereotype Safe Unsafe Risky Internet	Jealousy Compromise Positive Negative Loss Shock Disbelief	Personal qualities Attributes Responsibility Age limit Grooming Trolled	Coping strategies Assertive Influence Real/ Fake Abuse

				Social media Private Messaging Gaming United Nations Equality	Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Depression Memorial Boyfriend Girlfriend Pressure	Gambling Screen time Devices	
<b>Changing me</b>	Baby Adult	Grow Life cycle Male Female Vagina Penis Testicles Anus	Growing up Young Old Baby Toddler Child Teenager Independent Private Acceptable Unacceptable Comfortable Uncomfortable	Birth Mother Uterus Womb Nutrients Affection Puberty Sperm Ovaries Egg Ovum Ova (plural) Stereotypes7	Sexual Intercourse Fertilise Conception Menstruation Vulva Periods	Affirmation Sanitary towels Sanitary pads Tampons Oestrogen Hormones Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)	Celebrity Self-image Body image Self-esteem Perception Characteristics Foetus Placenta Labour Contractions Cervix Midwife Attention Relationship Pressure Mental health

# Emotions synonyms



