

VOCABULARY IN PSHE and RHE 2022/23



	CUBS (2-3 years)	BEARS (3-4 years) Consolidate - Cubs	RECEPTION (4-5 years) Consolidate – Nursery	YEAR 1 Consolidate – EYFS	YEAR 2 Consolidate – EYFS and Year 1
AUT 1	Jigsaw – Being Me In My World Kind, Gentle, Friend, Feelings, Happy, Sharing, Taking Turns.	Jigsaw – Being Me In My World Same, Angry, Excited.	Jigsaw – Being Me In My World Similar(ity), Different, Rights, Responsibilities, Nervous.	Jigsaw – Being Me In My World Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration.	Jigsaw – Being Me In My World Worries, Hopes, Fears, Responsible, Actions, Praise, Reward, Positive, Negative, Choices, Co-Operate, Problem-Solving.
AUT 2	Jigsaw – Celebrating Differences Friends, Kind, Same, Happy, Sad, Family	Jigsaw – Celebrating Differences Special, Proud, Angry.	Jigsaw – Celebrating Differences	Jigsaw – Celebrating Differences Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique.	Jigsaw – Celebrating Differences Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Value.
SPR 3	Jigsaw – Dreams and Goals Job, Happy, Kind.	Jigsaw – Dreams and Goals Dream, Goal, Challenge, Achievement, Encourage.	Jigsaw – Dreams and Goals Ambition, Perseverance.	Jigsaw – Dreams and Goals Proud, Success, Treasure, Coins, Goal, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve.	Jigsaw – Dreams and Goals Realistic, Achievement, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product.
SPR 4	Jigsaw- Healthy Me Healthy, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean.	Jigsaw- Healthy Me Exercise	Jigsaw- Healthy Me Stranger, Scared.	Jigsaw- Healthy Me Unhealthy, Balanced, Choices, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.	Jigsaw- Healthy Me Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.
SUM 5	Jigsaw - Relationships Family, Jobs, Friend	Jigsaw - Relationships Feelings, Angry, Upset, Calm me, Breathing.	Jigsaw - Relationships Relationship, Lonely, Argue, Fall-out, Words.	Jigsaw - Relationships 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, Special, Appreciate.	Jigsaw - Relationships Similarities, Special, Relationship, 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.
SUM 6	Jigsaw – Changing Me Eye, Foot, Ear, Arm, Leg, Knee, Nose, Finger, Toe, Hand, Baby, Grown-up.	Jigsaw – Changing Me Mouth, Stomach, Change, Excited.	Jigsaw – Changing Me Eyebrow, Forehead, Chest, Tongue, Adult, Worry, Memories.	Jigsaw – Changing Me Life cycles, Adult, Adulthood, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.	Jigsaw – Changing Me Grow, Control, Fully grown, Growing up, Old, Young, Respect, Appearance, Physical, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Nervous, Happy.