

PSHE

Pre-Milestone 1 vocabulary

kind	family	trust
gentle	dream	relationship
friend	goal	lonely
similar	challenge	argue
similarity	job	fall out
different	ambition	words
rights	perseverance	upset
responsibilities	achievement	calm me
feelings	encourage	breathing
angry	healthy	eye
happy	exercise	foot
excited	head	eyebrow
nervous	shoulders	forehead
sharing	knees	ear
taking turns	toes	mouth
special	sleep	arm
proud	wash	leg
same	clean	chest
sad	stranger	nose
frightened	scared	tongue
finger	stomach	hand
baby	grown up	adult
change	worry	excited
memories		

PSHE

Milestone 1

safe	proud	choices
special	success	clean
calm	achievement	toiletry items
belonging	goal	hygienic
rights	family	medicines
responsibilities	belong	trust
rewards	goal	changes
proud	learnings	safety
consequence	stepping stones	Green Cross Code
upset	process	eyes
disappointed	working together	ears
illustration	team work	same
similarity	celebrate	different
same as	stretchy	friends
different from	challenge	friendship
difference	feelings	qualities
bullying	obstacle	caring
deliberate	overcome	sharing
on purpose	achieve	kind
unfair	dreams	greeting
included	healthy	touch
bully	unhealthy	feel
bullied	balanced	texture
celebrations	exercise	like
unique	sleep	dislike
help	helpful	community
feelings	confidence	praise
skills	self-belief	incredible
proud	celebrate	relationships
anxious	appreciate	worried
excited	coping	praise

PSHE

Milestone 1 – continued

worries	unique	healthy
positive	value	unhealthy
negative	realistic	dangerous
cooperate	proud	body
problem solving	success	balanced diet
boys	achievement	portion
girls	strength	proportion
similarities	persevere	energy
assumptions	challenge	fuel
shield	difficult	nutritious
stereotypes	easy	important
purpose	partner	touch
unkind	product	physical contact
sad	healthy choices	communication
lonely	lifestyle	hugs
help	motivation	acceptable
male	relax	not acceptable
female	relaxation	conflict
diversity	tense	points of view
fairness	calm	secret
frightened	trust	trustworthy
honesty	reliability	compliments
celebrate	appreciate	

PSHE

Milestone 2

welcome	consequences	witness
valued	actions	bystander
achievements	fairness	bullying
proud	choices	unkind
pleased	cooperate	feelings
personal goal	group	tell
praise	dynamics	hurtful
acknowledge	team work	compliment
affirm	view point	unique
emotions	belong	perseverance
feelings	family	challenges
nightmare	loving	success
fears	caring	obstacles
worries	safe	dreams
solutions	connected	goals
rights	difference	ambitions
responsibilities	special	future
dream	conflict	aspirations
behaviour	solutions	team work
rewards	resolve	cooperation
strengths	motivated	enthusiastic
excited	efficient	responsible
frustration	review	evaluate
oxygen	energy	calories
heartbeat	lungs	heart
fitness	labels	sugar
fat	saturated fat	healthy
drugs	attitude	anxious
scared	advice	harmful

PSHE

Milestone 2 - continued

risk	unsafe	gratitude
feelings	private messaging	celebrate
complex	direct messaging	excited
appreciate	global	nervous
body	communication	anxious
choice	fair trade	happy
stereotype	inequality	included
career	food journey	excluded
job	climate	welcome
role	transport	valued
respect	exploitation	role
differences	rights	job description
similarities	needs	responsibility
conflict	wants	rights
solution	justice	democracy
internet	United Nations	democratic
social media	equality	decisions
online	deprivation	voting
risky	hardship	authority
gaming	appreciation	contribution
observer	UN Convention	character
assumption	judgements	surprised
appearance	accept	influence
opinion	attitude	secret
deliberate	witness	problem solve
cyber bullying	text message	website
troll	impression	perseverance
resilience	disappointment	fears
cope	self-belief	motivation

PSHE

Milestone 2 – continued

commitment	enterprise	success
celebrate	emotions	healthy
relationships	roles	leader
follower	assertive	agree
disagree	smoking	pressure
peers	guilt	advice
alcohol	liver disease	anxiety
fear	believe	right
wrong	opinion	relationship
jealousy	emotions	positive
negative	loss	shock
disbelief	numb	denial
anger	guilt	sadness
pain	despair	hope
acceptance	relief	negotiate
compromise	trust	loyal
empathy	betrayal	amicable
love		

PSHE

Milestone 3

goals	participation	achievement
worries	motivation	money
fears	democracy	lifestyle
value	decision	job
welcome	proud	career
choice	culture	profession
rights	conflict	salary
community	difference	contribution
wants	similarity	society
needs	belong	determination
Maslow	racism	perseverance
empathy	colour	motivation
comparison	race	aspiration
opportunities	discrimination	sponsorship
education	bullying	communication
choices	rumour	support
behaviour	name-calling	rallying
responsibilities	racist	team work
rewards	cyber bullying	cooperation
consequences	texting	difference
empathise	problem solving	choices
obstacles	happiness	healthy behaviour
cooperation	direct	unhealthy behaviour
collaboration	indirect	informed decision
legal	celebration	pressure
illegal	dream	media
lawful	hope	influence
laws	feeling	emergency
procedure	recovery position	calm
body image	media	social media

PSHE

Milestone 3 (continued)

celebrity	mental health	harassment
altered	off-line	bullying
self-respect	peer pressure	argument
eating problem	influences	recipient
eating disorder	personal information	accolade
respect	passwords	stamina
debate	privacy	conflict
opinion	settings	stretch
fact	profile	realistic
personal attributes	citizen	unrealistic
qualities	views	hardship
characteristics	collaboration	concern
self-esteem	collective decision	suffering
unique	democracy	admire
negative self-talk	normal	respect
online	ability	praise
risky	disability	compliment
social network	visual impairment	contribution
gaming	empathy	immunisation
violence	perception	prevention
grooming	medication	prescribed
troll	vision	unrestricted
gambling	blind	volatile substances
betting	courage	legal highs
trustworthy	fairness	exploited
appropriate	power	criminal
screen time	struggle	gangs
physical health	imbalance	anti-social behaviour
crime	stress	triggers
strategies	pressure	stigma

PSHE

Milestone 3 (continued)

anxiety	worried	signs
self-harm	loss	grief
denial	despair	guilt
shock	hopelessness	bereavement
coping strategies	assertive	transition
freedoms	journey	