# PSHE Definitions

| Year 1 | Word | Definition |
|---|---|---|
| Being me in my world | special | Better, greater, or otherwise different from what is usual. |
| | safe | Secure from harm, injury, danger or risk |
| | included | Being part of the whole |
| | involved | Committed or engaged in |
| | rights | A moral or legal entitlement to have or do something. |
| | responsibilities | A thing which one is required to do as part of a job, role, or legal obligation. |
| | rewards | Something given in return for good |
| | consequence | The effect or result of something occurring earlier |
| | proud | Feeling deep pleasure or satisfaction as a result of one's own achievements, |
| Celebrating differences | similar | Having a likeness or resemblance in appearance or character |
| | different | Not the same as another or each other |
| | bullying | To harm, intimidate or coerce |
| | special | Better, greater, or otherwise different from what is usual. |
| | differences | A way in which people are dissimilar |
| | celebration | The action of celebrating and important day or event |
| | unique | Being the only one of its kind |
| | important | Of great significance or value |
| | understanding | Aware of others feelings, tolerant and forgiving |
| Dreams and goals | goals | An aim of desired results |
| | successes | An accomplishment of an aim |
| | teamwork | Action of a group when effective and efficient |
| | challenge | Task or situation that tests someone's abilities |
| | overcome | To get the better of |
| | obstacles | A thing that blocks one's way or prevents or hinders progress. |

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| | achievement | A thing done successfully with effort, skill, or courage. |
| Healthy me | healthy | In good physical or mental condition |
| | fit | In good health |
| | choices | An act of choosing between two or more possibilities. |
| | lifestyle | The way in which a person lives |
| | safety | The condition of being protected from or unlikely to cause danger, risk, or injury. |
| | happiness | The state of being happy |
| Relationships | belonging | The feeling of love for a place or group |
| | family | A group of people who are related to each other |
| | love | An intense feeling or deep affection |
| | care | The protection of someone or something |
| | friend | A person you know well and both like each other |
| | helpful | Giving or ready to give help |
| | qualities | Characteristics possessed by someone |
| | understanding | Aware of people's feelings and tolerance |
| | relationships | The way in which two or more people or things are connected, or the state of being connected. |
| | self-care | To preserve or improve own health and happiness |
| | body parts | A part of a human body. |
| Changing me | baby | A very young child |
| | changes | To make or become different. |
| | life cycle | Series of changes in life |
| | animal | A living organism that feeds on organic matter |
| | human | Relating to or characteristic of humankind. |
| | adult | A person who is fully grown. |
| | teenager | A person aged between 13 and 19 years. |
| | child | A young human being below the age of puberty or below the legal age of majority. |
| | female | A girl or woman. |
| | male | A boy or man. |