PSHE Definitions

Year 2	Word	Definition
Being me in my world	hopes	To want something to happen or be true
	fears	An unpleasant emotion caused by the threat of danger, pain, or alarm
	rights	A moral or legal entitlement to have or do something
	responsibilities	Respecting the rights, beliefs and opinions of others
	rewards	Something given in return for good
	consequences	The effect or result of something that occurred earlier
	safety	The condition of being protected from or unlikely to cause danger, risk, or injury.
	fair	Treating people equally without favouritism
	values	Standards of behaviour
	contribution/contributing	Something that you do to help you produce or achieve
	choices	An act of possibility or choosing
	feelings	Feeling something physical or emotional
	understanding	A positive relationship between two people or groups
Celebrating differences	stereotypes	An idea that is used to describe a particular type of person
	gender	Condition of either being male of female
	male	A boy or a man
	female	A girl or a woman
	bullying	The behaviour of a person who hurts of frightens someone
	supporting	Encouragement to succeed
	self-care	To preserve or improve own health and happiness
	trust	Believing that someone is good and honest
	friends	A person who you know well and both like each other
	diversity	People of many different groups within society
	unique	Being the only one of its kind
	special	Exceptionally good and pleasant
	difference	

Dreams and goals	achieving	Finishing or reaching an aim
	realistic	Showing a practical awareness of things as they are
	persevering	Determination to continue to achieve
	strengths	A good characteristic and positive quality
	teamwork	The ability of a group of people to work well together
	cooperating	To act or work together for a particular purpose
	sharing	Sharing your thoughts, feelings and ideas
	involved	Being part of something or connected to
	included	Included in or on something
	skills	A special ability to do a job well
Healthy me	Motivation/motivate	The need or enthusiasm for doing something
	healthy	Having a good health, good for you
	relaxed	Feeling happy, comfortable and calm
	choices	The right to choose
	foods	Foods to keep the body healthy and fit
	unhealthy	Not good for you or your health
	nutrition	Foods taken into your body to influence your health
Relationships	family	A group of people who are related to each other
	unique	Being the only of its type
	special	Different from what is normal, deserving and having a quality
	caring	Giving emotional support, showing you care about other people
	differences	A way in which people are dissimilar
	equal	The same importance and rights as other people
	boundaries	The limit of what someone considers to be acceptable behaviour
	friendship	In which people are friends, friendly relationship
	conflict	A serious disagreement or argument
	secrets	Something that is kept or meant to be kept unknown or unseen by others.
	trust	To believe someone is good and honest
	appreciation	Recognising and understanding someone's worth as a person
	feelings	Something you feel with your body or mind, strong emotions

	understanding	Aware of people feelings and tolerance
	uncomfortable	Not feeling comfortable or pleasant , unable to relax
	relationships	The way in which two or more people feel and behave towards each other
	safe	Protected from or not exposed to danger or risk; not likely to be harmed or lost.
Changing me	life cycles	Forms in which living things changes as it develops
	nature	The main characteristics of someone or something
	animal	Any living form that is not plant or human
	human	Relating to a person or people
	young	Having lived or existed for only a short time.
	old	Having lived for a long time; no longer young
	development	Someone or something grows or changes
	growth	Growing physically, mentally and emotionally.
	female	A woman or a girl
	male	A man or a boy
	similarities	Being similar to somebody but not exactly the same
	differences	A way in which people are dissimilar
	self-appreciation	Recognising the good qualities of yourself
	body parts	A part of a human body
	opinion	Thought or belief about someone or something
	feelings	Something your feel with your body or mind, strong emotions