PSHE Definitions

Year 3	Word	Definition
Being me in my world	goals	An aim or purpose, hoping to achieve
	self-identify	To recognize a characteristic or belong to a particular category
	self-worth	The value given to your life and achievements
	challenge	A new or difficult task that tests someones ability or skill
	rules	An instruction that states the way things should be done
	rights	Thing that one is morally entitled to do or have
	responsibilities	Good judgement to act correctly to make decisions on your own
	rewards	Something given in exchange for good behaviour or good work
	consequences	Result of a particular action, often one that is bad
	choices	An act or possibility of choosing, the right to choose
	perspective	A certain attitude towards something
	opinion	Your feelings or thoughts about someone or something
	behaviour	The way someone behaves or functions
Celebrating differences	families	Groups of people who are related to each other
	differences	A distinguishing character quality feature
	similarities	A trait or feature resembling another
	conflict	A disagreement between people
	resolution	Solving or ending a problem or difficulty
	bullying	To act the bully towards, intimidate, domineer, behaviour of a person
	solving	To find the answer or explanation to a problem
	compliments	To show kindness and respect
	feelings	Emotions and experience of awareness
Dreams and goals	enthusiasm	A feeling of energetic interest and an eagerness to be involved in it

	success	The achieving of results wanted or hoped for
	dreams	To imagine or desire very much and hope it happens
	ambitions	A strong desire to achieve
	motivation	The need or reason for doing something
	obstacles	These will obstruct or hinder progress
	overcoming	Deal with successfully
	improvement	The act of making something better
	positive	Full of hope and confidence
Healthy me	exercise	Physical activity to make your body strong and healthy
	healthy	Showing you are strong and well and in good health
	fitness	Condition of being physically strong and healthy
	drugs	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body
	safety	The condition of being protected from or unlikely to cause danger, risk or injury
	online	By means of or using a computer
	respect	Behaviour towards someone you think is important
	anxious	Feeling or showing worry, nervousness, or unease about something with an uncertain outcome
	scared	Feeling frightened or afraid of
	unwell	Ill or prone to illness
Relationships	family	A group of people who are related to each other such as parents and children
	roles	The position or purpose someone has in a relationship
	negotiation	Discussion between two people to reach an agreement
	friendship	A relationship between friends
	understanding	Aware of people's feelings and tolerance
	perseverance	Continuing to try to achieve a particular aim despite difficulties
	global citizen	Someone who is aware and understands the wider world and their place in it
	appreciation	Recognizing the good qualities of someone
	friends	A person who you know well and like a lot, share a bond
	influence	To have an effect on people their character and their development

Changing me	baby	A very young child
	growth	Developing physically, mentally and emotionally
	life cycle	Into which living things changes as it develops
	changes	The process of developing and changing physically and mentally
	stereotypes	To describe a particular type of person
	family	A group of people who are related to each other
	transition	A period of changing from one state to another
	understanding	Aware of people's feelings and tolerance