

Year 1	Key vocabulary
Being Me in my World	<p>Safe: A place where you have no fear.</p> <p>Calm: An emotional state where your body is at rest and you aren't worried about anything.</p> <p>Belonging: You belong to your family as well as the community at Binfield Primary School.</p> <p>Special: Something that is precious to someone. You are very special!</p> <p>Rights and Responsibilities: Understand that even as a child we have rights and responsibilities. These are things that we can do. For example you have the right to come to school and get your education. A responsibility is something that you are in charge of or have to look after.</p> <p>Rewards: When we do something well or we have worked really hard on we can earn a reward. At school we can earn house points and be moved up the traffic light system.</p> <p>Proud: When something that we have worked really hard on we can sometimes get rewards. This leads to an emotional of feeling proud.</p> <p>Consequences: When we made poor choices we have to then think about when happens because of that. These are called consequences. At school we have time outs and being moved down our traffic light system.</p> <p>Upset and Disappointed: These are normal emotions to feel when something doesn't go the way we want.</p> <p>Illustration: Sometimes it's hard to share our feelings with someone but when we draw them in an illustration it can be easier.</p>
Celebrating Differences	<p>Similarity: Things that we have in common</p> <p>Same as: Things that are identical</p> <p>Different from: Things that are not the same between two things.</p> <p>Difference: Things that are not the same.</p> <p>Bullying: Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them.</p> <p>Bullying behaviour: It's bullying when someone uses words or action to hurt or harm someone else and that person has a hard time defending themselves.</p> <p>Deliberate: When someone does something that they have thought through all of the consequences and have chosen to do it.</p> <p>On purpose: If you do something on purpose, you do it intentionally.</p> <p>Unfair: When someone feels that they are being left out or treated differently to other people.</p> <p>Included: When everyone is involved and no one is left out.</p> <p>Bully: When a person is treating someone unkindly for a long period of time. This can be by calling someone names, hurting them or excluding them from an activity.</p> <p>Bullied: When someone is being treated unfairly by another person</p> <p>Celebrations: An occasion where we celebrate something. This could be a birthday party or a religious celebration like Christmas or Eid.</p> <p>Special: Things that make us different make us special. It can also be used to describe events or feelings.</p> <p>Unique: We are all unique as we all have things that are similar and things that are different about us.</p>
Healthy Me	<p>Healthy: To be in good health</p> <p>Unhealthy: To not be in good health</p> <p>Balanced Diet: A balanced diet contains foods from the following groups: fruits, vegetables, dairy, grains, and protein.</p> <p>Exercise: Playing and being physically active</p> <p>Sleep: Allow the body to rest</p> <p>Choices: To recognise that our choices have consequences.</p> <p>Clean: To keep our body safe and clean (Keeping clean and Hygienic)</p> <p>Body parts: (Eyes, Ears)Parts of your body</p> <p>Safe/Safety: Free from harm or fear</p> <p>Medicine: Only adults can give children medicine. Sometimes if we are poorly the doctor will give us a prescription to make us feel better.</p> <p>Trust: A feeling of safety and reliability</p> <p>Green Cross Code: A safe way of crossing the street (Look, Listen, Wait)</p>
Dreams and Goals	<p>Proud: When something that we have worked really hard on we can sometimes get rewards. This leads to an emotional of feeling proud.</p> <p>Success: Achieving something positive.</p>

	<p>Achievement: Completing something successfully. Goal: A result or end that a person wants and works for; aim or purpose. Treasure: Someone or something that is greatly valued or admired. Can also mean money or valuable items that have been collected or stored up. Coins: Small round objects made of metal which have value and can be used to pay for things. Learning: Knowledge gained through studying Stepping-stones: Small steps that we take in our learning to achieve our goal Process: The stepping stones to achieve your goal or steps in your learning. Working together: Working with others to achieve your goal Team work: Learning how to work with others to achieve your goal. Celebrate: An expression of joy Challenge: An interesting or difficult problem or task. Feelings: Emotions that everyone experiences at different times Obstacle: Something that stops you achieving your goal Overcome: To master the obstacle to achieve your goal. Achieve: To accomplish something Dreams: A strong hope or goal</p>
Relationships	<p>Family: A group of people either related by blood or choice, who love and support each other. Belong: To be part of a community or group Same: To have features or aspects of your personality that mirror other people. Different: To have features or aspects of your personality that don't mirror other people. Friends/Friendship: People that you bond with Qualities: Aspects of our personalities including Caring and Kind Sharing: To let someone else have or use part of what you are using. Greeting: To say hello, nod or to acknowledge someone Touch: To put one's hand or fingers on in order to feel. Feel: When you touch something you feel its texture. Like/Dislike: To have a positive or negative emotion towards something. Help/Helpful: To see someone who needs something and attend to them. Community: A group of people with similar values Feelings: An emotional response to an event Confidence: Feeling sure of yourself. Praise: When you are told you have done a good job or recognised for putting effort in. Skills: The ability to perform a certain task such as; handwriting Self-belief: When you believe in yourself. Proud: The feeling that happens after you achieve something. Celebrate: To have a special honour like the pupil of the week. Relationships: A personal attachment to a person. Special: Something precious to you. Appreciate: To feel thankful for something or someone.</p>
<p>Changing Me These lessons acknowledge the 'embarrassment factor' with these words and helps children understand these are special and private parts of their bodies which is why we might get a bit embarrassed or giggle when talking about them.</p>	<p>Change: Something that doesn't stay the same. Life cycles: A life cycle is a series of stages a living thing goes through during its life. All plants and animals go through life cycles. Baby: An infant human. Adult/ Grown Up: A grown human. Adulthood: The time where a human is an adult and makes adult decisions. Mature: Being emotionally ready for big decisions. Male: A male person, plant or animal. Female: A female person, plant or animal. They typically carry the children in the species. Vulva: The vulva is the opening and outside parts of a female's private parts. Vagina: The vagina is the inside part of the female's private parts. Penis: The penis is the outside part of the male's private parts. Testicles: The testicles are part of body that come as your body matures if you are a man. Anus: The scientific term for your bottom Grow: To get larger Feelings: different emotions including: Anxious, Worried, Excited,</p>