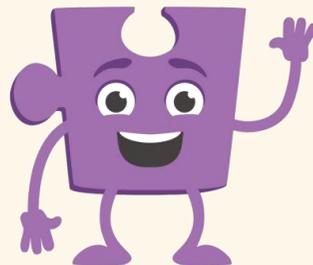
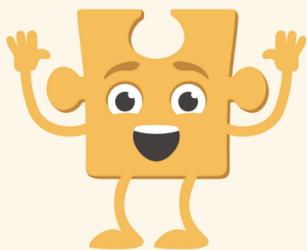




Emotional Literacy Vocabulary Progression Jigsaw PSHSE 3-11



Year group:	EYFS (Ages 3-4)	Year 1 (Ages 5-6)	Year 2 (Ages 6-7)	Year 3 (Ages 7-8)	Year 4 (Ages 8-9)	Year 5 (Ages 9-10)	Year 6 (Ages 10-11)
Being Me in My World							
Core emotions (RSHE GW3: Core/primary emotions)	happy, sad, angry, worried (nervousness), scared (fear), surprise These words are used across all year groups in the primary 3-11 programme.						
Complex emotions (RSHE GW4: Varied vocabulary)	friendly glad kind proud shy	excited fair kind proud safe special upset valued	fair helpful included proud respectful safe	belong confident frustrated included pleased respectful responsible valued welcome	cooperative excluded fair included opinionated respectful	anxious belonging confusion frustrated lonely motivated pressured proud responsible valued	confident empathy proud reflective respectful valued welcome
Lesson Specific vocabulary						P2: compassion concerned hopeful relieved appreciate grateful, unfair	

						P3: worried powerless protective concerned hopeful grateful	
Self-regulation vocabulary	Stop wait listen	Ready safe choices	take a break check in	think first settle	manage feelings	self-control	regulate evaluate
Executive-functioning vocabulary	take turns choose	follow rules focus	start/finish routine think it through	organise attention adapt plans	plan ahead make decisions	self-monitor prioritise	responsibility independence

Celebrating Difference							
Year group	EYFS (Ages 3-4)	Year 1 (Ages 5-6)	Year 2 (Ages 6-7)	Year 3 (Ages 7-8)	Year 4 (Ages 8-9)	Year 5 (Ages 9-10)	Year 6 (Ages 10-11)
Core emotions (RSHE GW3: Core/primary emotions)	happy, sad, angry, worried (nervousness), scared (fear), surprise						
Complex emotions (RSHE GW4: Varied vocabulary)	friendly glad kind proud shy special thoughtful unkind	fair included kind proud safe special unfair unique	belong brave helpful included lonely responsible unfair valued	hurt hurtful included loving proud respected responsible safe	accepted embarrassed excluded guilty included judged unfair	belong confident disappointed empathetic insulted proud respectful	admiration compassionate courageous empowered empathetic humiliated proud resilient respectful tolerant

<p>Lesson specific vocabulary</p>		<p>P3 and P4: left out upset hurt shocked</p>	<p>P3 and P4: embarrassed unsure concerned protective proud</p>	<p>P3 and P4: embarrassed unsure protective courageous empowered</p>	<p>P3 and P4: intimidated conflicted uneasy isolated suspicious empowered</p>	<p>P2: hurt isolated shocked conflicted targeted singled-out</p> <p>P3 and P4: vulnerable intimidated concerned responsible empowered</p>	<p>P2: isolated excluded ashamed guilty conflicted</p> <p>P3 and P4: threatened humiliated isolated excluded distressed courageous powerless</p>
<p>Self-regulation vocabulary and</p>	<p>share gentle notice others</p>	<p>kind choices listening to others</p>	<p>pause</p>	<p>repair apologise</p>	<p>conflict tools</p>	<p>calm communication</p>	<p>respond not react</p>
<p>Executive-functioning vocabulary</p>	<p>calm body</p>	<p>pause</p>	<p>solve flexible thinking</p>	<p>perspective- taking</p>	<p>problem-solve</p>	<p>evaluate impact</p>	<p>consider viewpoints</p>

Dreams and Goals							
Year group	EYFS (Ages 3-4)	Year 1 (Ages 5-6)	Year 2 (Ages 6-7)	Year 3 (Ages 7-8)	Year 4 (Ages 8-9)	Year 5 (Ages 9-10)	Year 6 (Ages 10-11)
Core emotions (RSHE GW3: Core/primary emotions)	happy, sad, angry, worried (nervousness), scared (fear), surprise						
Complex emotions (RSHE GW4: Varied vocabulary)	brave difficult disappointed encouraged excited frustrated proud	frustrated disappointed calm excited kind patient proud	brave determined frustrated proud	confident disappointed enthusiastic excited hopeful motivated responsible frustration	determined discouraged disappointed hurt hopeful inspired motivated proud resilient	ambitious discouraged empowered frustrated hopeful motivated resilient optimistic inspired	anxious concern disappointed empathetic empowered inspired motivated proud reflective resilient
Lesson specific vocabulary							

Self-regulation vocabulary	try keep going	choose a strategy	manage responses	self-regulate	cope with pressure	reflect	follow routines
Executive-functioning vocabulary	simple steps	plan practice sequence	challenge improve concentrate	strategy working memory	review adjust plan and revise	prioritise monitor progress	evaluate long-term planning

Healthy Me							
Year group	EYFS (Ages 3-4)	Year 1 (Ages 5-6)	Year 2 (Ages 6-7)	Year 3 (Ages 7-8)	Year 4 (Ages 8-9)	Year 5 (Ages 9-10)	Year 6 (Ages 10-11)
Core emotions (RSHE GW3: Core/primary emotions)	happy, sad, angry, worried (nervousness), scared (fear), surprise						
Complex emotions (RSHE GW4: Varied vocabulary)	hungry peaceful relaxed safe tired	brave calm proud safe	calm careful motivation proud tense relaxed responsible sensible trusted comfortable hopeful	anxious calm confident frustrated unsure safe unsafe relaxed pressured	anxious brave stressed confident guilt pressured respected responsible	anxious balanced confident motivated proud relieved respected	anxious confident empowered motivated pressure thoughtful trusted settled

Lesson specific vocabulary					P3 and P4: embarrassed unsure uncomfortable left out confused curious	P1 and P2: embarrassed ashamed guilty overwhelmed irritated tempted conflicted cautious	P2: persuaded overwhelmed conflicted influenced vulnerable impulsive P4: persuaded intimidated threatened conflicted coerced manipulated
Self-regulation vocabulary	breathe stop routine	choose safe be careful	calm down check behaviour	regulate manage impulses	grounding risk awareness	manage stress	self-regulate
Executive-functioning vocabulary	focus attention	follow sequence	start and finish	plan steps	flexible thinking	decision-making	evaluate risks

Relationships							
Year group	EYFS (Ages 3-4)	Year 1 (Ages 5-6)	Year 2 (Ages 6-7)	Year 3 (Ages 7-8)	Year 4 (Ages 8-9)	Year 5 (Ages 9-10)	Year 6 (Ages 10-11)
Core emotions (RSHE GW3: Core/primary emotions)	happy, sad, angry, worried (nervousness), scared (fear), surprise						
Complex emotions (RSHE GW4: Varied vocabulary)	calm excited friendly included kind lonely loved responsible shy upset welcome	caring kind lonely proud sorry	awkward comfortable frightened honest included jealous loyal proud uncomfortable	appreciated comfortable disappointed grateful kind respected responsible safe uncomfortable	accepted annoyed betrayed forgiving guilty jealous relieved sorry love safe, valued	compassionate grateful hurt proud rejected responsible risky vulnerable	anxiety, ashamed, denial, despair, guilt, loss, shock, judged, stressed, nostalgic secure reflective responsible
Lesson specific vocabulary					P2: denial pain hopelessness acceptable	P2: pressured alarmed concerned ashamed	P3: loss grief denial despair

					depressed lonely hurt sensitive comforted	vulnerable humiliated	guilt shock acceptable supported numb heartbroken disbelief P4: intimidated pressured coerced mistreated empowered disrespected persuaded
Self-regulation vocabulary	gentle hands taking turns noticing feelings	stop and tell	monitor progress	prioritise	repair reconcile	respond kindly	manage impulses
Executive-functioning language	use calming strategies independently	follow simple steps	problem-solve use strategies	calm voice plan words	perspective-taking	evaluate reactions	reflect before social thinking

Changing Me							
Year group	EYFS (Ages 3-4)	Year 1 (Ages 5-6)	Year 2 (Ages 6-7)	Year 3 (Ages 7-8)	Year 4 (Ages 8-9)	Year 5 (Ages 9-10)	Year 6 (Ages 10-11)
Core emotions (RSHE GW3: Core/primary emotions)	happy, sad, angry, worried (nervousness), scared (fear), surprise						
Complex emotions (RSHE GW4: Varied vocabulary)	excited proud	anxious curious embarrassed excited proud shy special	anxious brave, comfortable disappointed excited independent proud responsible uncomfortable	comforted curious embarrassed love(d) proud relaxed responsible supported	belonging embarrassed included self-conscious valued	anxious confident curious determined embarrassed encouraged reassured responsible sensitive	conflicted embarrassed excited interested jealous love nostalgic proud pressured reflective resilient self-conscious relieved overwhelm

Lesson Specific Vocabulary				P2 and P3: excited nervous curious unsure frightened anxious		P4: awkward surprised interested unsure proud cope	P1: anxious awkward confused self-conscious rejected conflicted confident respected motivated hopeful
Self-regulation vocabulary	try new things	organise resources	talk it through	self-monitor	manage change	regulate	evaluate strategies
Executive-functioning vocabulary	adapt	Prepare follow steps	simple planning	adjust	flexible thinking	plan for change	evaluate adapt