

Progression of Skills Mental Health & Wellbeing

Vocabulary



VALLEY INVICTA
PRIMARY SCHOOL AT
HOLBOROUGH LAKES

Vocabulary

These words are all in addition to previous years.

Vocabulary can be introduced earlier, when appropriate. It is not exclusive to individual year groups.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Each year group revisits and builds on the vocabulary of the previous years	Happy	Connect	Resilience	Stressed	Determination	Self-management	Focus
	Sad	Fit	Struggle	Coping	Obstacles	Awareness	Multi-tasking
	Angry	Body and mind	Determination	Connecting	Perseverance	Self-control	Aspiration
	scared	Emotions	Effort	Focus	Motivations	Initiative	Motivation
	Healthy	Confused	Frustrated	Mental nutrients	Reflection	Game plan	Ambition
	Unhealthy	Excited	Positive	Relaxation	Failure	Strategy	Life journey
	Family	Upset	Skills	Down time	Success	Preparation	Character
	Feelings	Nervous	Actions	Problems	Cope	Adapt	Comfort zone
	Support	Surprised	Keeping cool	Scenario	Expressing	Flexible	Affirmations
	Challenge	Grit	Breathing	Self-esteem	Reaction	Coping strategies	Reflections
	Hard	Network		Relate	Beliefs	Problem solving	Self-image
	Easy	Activities	Protein	Growth mindset	Emotional	restraint	Inspiration
	Like	Achieve	Sugar	Fixed mindset	response	Discipline	
	Enjoy	Encourage	Dairy	Brain	Attitude	Composure	Nutrition
	Help		Vitamins	Neurons	Accept	Willpower	fundamentals
	Team work	Diet	Fat	Strategies	Initiative	Support network	Calories
	Care	Hygiene	Carbohydrate	Bouncing back	Qualities		Burn
	Please	Balance	Balance	Embarrassed	Positivity	Habits	Release
	Thank you	Lungs	Variety	Struggling	Characteristics	Goals	Mood
	Proud	Muscles	Hydrate	Panic	Motivation	Activity	Routine
	Calm	Brain	Dehydrate	Helpful	Solutions	Fitness	Smoking
	Relax	Strength	Headache	Harmful	Self-Awareness	Rest	Blood pressure
	Listen	Flexible	Personal	Competence	Admiration	Recovery	Damage
	talk	Concentrate	hygiene	Contribution		Focus	Attitudes
		Oxygen	Routine	Distracted		Mindfulness	
	Sleep	Memory	Plaque		Food Labels	Healthy	Moderation
	Food	Habit	Bacteria	Weight	Options	Minerals	Control
	Water	Recharge	Decay	Illness	Swaps	Fibre	Automatic
	Active	Grumpy	Microscopic	Recharge	Hydration		Practice
	Energy	Groggy	Risk	Ingredients		Peers	Responsibility
Fruit	Forgetful	Behaviours	Diet		Qualities	Accountability	
Vegetables	Distraction	Electronic	Eatwell plate		Talents	Strategy	
					Goals	Connections	Opinions

	<p>Exercise Heart Brain Routine Germs Illness Clean Dirty Hot Cold Weather Temperature Mind Body</p> <p>Interactions Polite Social Protect Safe Worries Environment Surroundings Responsibility Nature Tidy Rubbish Actions Behaviour Choices Habits Exercise Fit Progress Learn Improve Chance</p>	<p>Present Mindfulness Senses Moment Focus Notice</p> <p>Connections Relationships Trust Influence Ancestors Positive Personal Safety Danger Protect Hazard Community Emergency Neighbourhood Impressions Appearance Greetings Manners Posture Confidence Pride Boast Strengths Belief Positive Negative</p> <p>Email Offline</p>	<p>Screen Sun cream Vision Device</p> <p>Responsible Belongings Respect Accept Blame Fault Maturity Accountable Choices Decisions Consequences Outcome Situation Character Personality Opportunities Leisure Enjoyment Interests Opportunity</p> <p>Pop-up Money Mobile phone Messaging Private Stories Troubles Problems Click</p>	<p>Lifestyle Behaviours Pattern Accomplishments Self-talk Prepared Greet</p> <p>Social media Dilemma Posts Report Responsible Block Password Permission Device</p> <p>Testicles Womb Fostering Adoption relationship</p>	<p>Traits Connected Honest Gratitude Social skills</p> <p>Respond Block Purchases Cyberbullying Harmful Respect Behaviour</p> <p>Puberty Lifecycle Reproduction Physical Breasts Sperm Egg Pubic hair Emotional feelings</p>	<p>Support network Personal growth Vision Role models Aspiration Obstacle</p> <p>Social media Postings Followers Selfies Privacy settings Consequences Stalking Comments Exclusion Initiative Pranks Reputation Digital etiquette Misunderstanding Internet troll Digital footprint Profile Privacy</p> <p>Physical changes Emotional changes</p> <p>Moods</p> <p>Menstruation</p>	<p>Appreciate</p> <p>Banner Cybercrime Junk mail Phishing Fake Fraud Spam Identity theft Cyber security Social networking Screen time Limits Schedule Pledge</p> <p>Conception Fertilisation Pregnancy Sexual intercourse Twins Fostering Adoption Relationship Friendship Love Consent Intimacy Communication</p>
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	<p>Future</p> <p>Computer Machine Instructions laptop iPad Tablet Phone Internet Online Search Link, Website Cables, Satellite Wireless Signal Apps Games Logon Programme Information Ask Trusted adult Personal information Stranger Share Electronic Safe Unsafe Rules Share Message Send</p>	<p>World-wide web Information Rules Permission Explore Danger Webpages Address Write Communicate Send Receive</p> <p>Similar Different Boy Girl Mael Female Private parts Penis Vagina</p>	<p>Download Share Protector Tips Communication</p> <p>Sex Gender roles</p> <p>Stereotypes</p>			<p>Periods Tampons Sanitary towels Wet dreams Semen Erection Sweat Spots Facial hair Underarm hair Sexual feelings</p>	<p>Personal/private information</p>
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	Dress Undress Clean Smelly Flannel Sponge Towel Hands Toothpaste Toothbrush Hairbrush Comb Family Mum Dad Brother Sister Grandma Grandad Stepmum Stepdad						
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