



Kaleidoscope PSHE Curriculum
Learning Organiser for Year EYFS
Being Me in my World

Prior Learning

- None required

Key Vocabulary	Definitions
Kind	Being nice and helpful to others.
Gentle	Being soft, kind, and gentle in your actions or behaviour.
Friend	A person who you know and like and who you spend time with.
Similar(ity)	Having the same or nearly the same characteristics or qualities.
Different	Not the same.
Rights	The things that you are entitled to have or do.
Responsibilities	The things that you are expected or required to do.
Feelings	The way that you feel about something or someone.
Angry	Feeling or showing anger.
Happy	Feeling good.
Excited	Feeling or showing great enthusiasm or eagerness.
Nervous	Feeling anxious or uneasy.
Sharing	Giving something to someone else to use or enjoy.
Taking turns	Using something one at a time, each person having a turn.

Key Skills

- Help others feel welcome
- Make our school a safe place
- Think about our right to learn
- Care for others
- Work well with others



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 1

Being me in my World

National Curriculum Summary

Key Subject Concepts

Prior Learning

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Key Vocabulary	Definitions
Safe	A place that is free from danger or harm.
Special	Something that is different from others and has a special quality.
Calm	Quiet and peaceful.
Belonging	Feeling like you are part of a group or place.
Learning Charter	A set of rules or guidelines that students and teachers agree to follow in order to create a positive and productive learning environment.
Jigsaw Charter	A learning charter for the PHSE programme Jigsaw.
Rewards	Something that is given to someone as a way of showing appreciation or recognition.
Proud	Feeling happy and satisfied because of something you or someone you know has done.
Consequences	The results or effects of an action or decision.
Upset	Feeling unhappy, angry, or frustrated.
Disappointed	Feeling sad or let down because something did not happen the way you wanted it to.
Illustration	A picture or drawing that explains or decorates a piece of writing.

Key Skills

- Explain why my class is a happy and safe place to learn
- Give examples of where I or others make my class a safe and happy place.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 2
Being Me in my World

Prior Learning

- I can explain why my class is a happy and safe place to learn.
- I can give different examples where I or others make my class happy and safe

Key Vocabulary	Definitions
Worries	Thoughts that make people feel scared or nervous
Hopes	Things you wish for or desire.
Fears	Things that you are afraid of.
Responsible	Able to be trusted to do something or to behave in a particular way.
Actions	The things you do.
Praise	When someone tells you they are proud of you or that you have done a good job.
Positive	Good, beneficial, or helpful.
Negative	Bad, harmful, or unhelpful.
Choices	Decisions that we make between different options.
Co-operate	To work together with someone to achieve a common goal.
Problem-solving	The process of finding solutions.

Key Skills

- Explain why my behaviour can impact others in my class
- Explain my own and others choices and say why some are better than others.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 3
Being Me in my World

Prior Learning

- I can explain why my behaviour can impact on other people in my class
- I can compare my own and my friends' choices and can express why some choices are better than others.

Key Vocabulary	Definitions
Welcome	A warm greeting or reception.
Valued	Considered important or precious.
Achievements	Successful accomplishments or goals reached.
Pleased	Satisfied with something.
Personal goal	A target or objective that you set for yourself to achieve.
Acknowledge	To recognise or accept the existence of something.
Affirm	To state something confidently, especially to reassure someone.
Emotions	Strong feelings that influence our thoughts and behaviour.
Feelings	Sensations or reactions that we experience physically or mentally.
Nightmare	A frightening or disturbing dream.
Solutions	Ways to solve problems or difficulties.
Support	Help or encouragement given to someone.
Dream	A sequence of images or thoughts that occur in our minds during sleep.
Behaviour	The way a person acts or conducts themselves.
Fairness	Treating people or things in a just and impartial way.
Group dynamics	The interactions and relationships between members of a group.
Teamwork	Working together cooperatively to achieve a common goal.
Viewpoint	A particular way of seeing or understanding something.
Ideal school	A school that provides a supportive and challenging learning environment for all students.
Belong	To feel like part of a group or community.

Key Skills

- Explain how my behaviour can affect how others feel and behave.
- Say why it is important to have rules and how it helps me and others to learn



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 4
Being Me in my World

Prior Learning

- I can explain how my behaviour can affect how others feel and behave
- I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.

Key Vocabulary	Definitions
Included	To be part of something.
Excluded	To not be part of something.
Role	A particular part or function that someone or something has.
Job description	A document that explains what a job is and what the person who does the job is expected to do.
School Community	All of the people who are involved in a school, such as the teachers, students, parents, and administrators.
Democracy	A system of government in which the people hold power.
Democratic	Relating to a system of government in which power is exercised by the people through elected representatives.
Decisions	Choices that you make between two or more things.
Voting	The process of choosing someone or something by putting a mark on a ballot paper.
Authority	The power or right to give orders, make decisions, or control something.
Contribution	Something that you give to help something.
Observer	Someone who watches something happen.
UN Convention on Rights of Child (UNCRC)	An international agreement that describes the rights of every child, regardless of their race, religion, or abilities.

Key Skills

- Explain why being listened to and listening to others is important
- Explain why being democratic is important and helps others to feel valued



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 5

Being Me in my World

Prior Learning

- I can explain why being listened to and listening to others is important in my school community.
- I can explain why being democratic is important and can help me and others feel valued.

Key Vocabulary	Definitions
Challenge	A difficult task or problem.
Goal	Something that you want to achieve or accomplish.
Attitude	A person's way of thinking or feeling about something.
Citizen	A member of a community who has rights and responsibilities.
Views	The way you see things or think about something.
Opinion	A personal view or belief that is not necessarily based on fact.
Collective	A group of people who have something in common.

Key Skills

- Compare my life with other people around the UK and explain why we have rights, responsibilities and rules to make both school and the wider community a fair place.
- Explain how actions of one person can affect another person

Kaleidoscope PSHE Curriculum

Learning Organiser for Year 6

Being Me in my World

Prior Learning

- I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.
- I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.

Key Vocabulary	Definitions
Ghana	A country in West Africa.
West Africa	A region of Africa that is located west of the Sahara Desert. 
Cocoa plantation	A large farm where cocoa trees are grown.
Cocoa pods	The fruit of the cocoa tree.
Community	A group of people who live together and share common interests.
Education	The process of learning or acquiring knowledge and skills.
Wants	Things that we would like to have, but that we do not need to survive.
Needs	Things that we must have in order to survive.
Maslow	A psychologist who developed a theory of human needs. 
Empathy	The ability to understand and share the feelings of others.
Comparison	The act of comparing two or more things.
Opportunities	Chances to do something new or to achieve something.
Education	The process of acquiring knowledge, skills, and values.
Empathise	To understand and share the feelings of another person.
Obstacles	Things that make it difficult to achieve something.
Cooperation	Working together to achieve a common goal.
Collaboration	Working together with others to create something new.
Legal	Permitted by law.
Illegal	Not permitted by law.
Lawful	Permitted by law.

Laws	Rules that are made by the government and that everyone must follow.
Participation	Taking part in something.
Motivation	The reason why someone does something.
Decision	A choice that someone makes.
Key skills	
• Explain how my choices impact the local community and the wider world. • Empathise with other people in the local and wider community and think about how this changes my actions	



Kaleidoscope PSHE Curriculum
Learning Organiser for Year EYFS
Celebrating Differences

Prior Learning

- None required

Key Vocabulary	Definitions
Different	Not the same.
Special	Something that is different from others and has a unique quality.
Proud	Feeling happy and satisfied because of something you or someone you know has done.
Friends	People who like to spend time together and who help each other.
Kind	Being nice and helpful to others.
Same	Exactly alike.
Similar	Having the same or nearly the same characteristics or qualities.
Happy	Feeling good.
Sad	Feeling unhappy or depressed.
Frightened	Feeling scared or afraid.
Angry	Feeling very annoyed or upset.
Family	A group of people related to each other, such as parents and children.

Key Skills

- Accept that we are all different.
- Include others when working and playing.
- Know how to help other people.
- Try to solve problems.
- Use kind words.
- Give and receive compliments,



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 1

Celebrating Differences

National Curriculum Summary

Key Subject Concepts

- Celebrating Difference – Year 1

Prior Learning

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Key Vocabulary	Definitions
Similarity	Having the same or nearly the same characteristics or qualities.
Same as	Having the same characteristics.
Different from	Having different characteristics.
Difference	The way in which two things are not alike.
Bullying	Using force, threat or teasing to hurt someone.
Bullying behaviour	The actions of someone who bullies others.
Deliberate	Done on purpose or with intention.
On purpose	Done intentionally or with a plan.
Unfair	Not just or not right.
Included	To be a part of something.
Bully	A person who uses force, threat or teasing to hurt someone.
Bullied	To be the target of bullying behaviour.
Celebrations	Special events that are held to mark or commemorate something.
Special	Something that is different from others and has a unique quality.
Unique	Unique means being the only one of its kind, or very special or unusual.

Key Skills

- Tell you some ways that I am different and similar to other people in my class, and why this makes us all special.
- Explain what bullying is and how being bullied might make somebody feel.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 2
Celebrating Differences

Prior Learning

- I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.
- I can explain what bullying is and how being bullied might make someone feel.

Key Vocabulary	Definitions
Boys	Young male humans.
Girls	Young female humans.
Similarities	Having the same or nearly the same characteristics or qualities.
Assumptions	Beliefs that are formed without proof or evidence.
Shield	A piece of armor that is used to protect oneself from harm.
Stereotypes	Oversimplified beliefs about people or groups of people.
Special	Something that is different from others and has a unique quality.
Differences	Ways in which things are not the same.
Bully	A person who uses force, threat or teasing to hurt someone.
Purpose	The reason why something exists or is done.
Unkind	Not kind or friendly.
Feelings	Emotions that we experience, such as happiness, sadness, anger, or fear.
Sad	Feeling unhappiness or sorrow.
Lonely	Feeling isolated or alone.
Help	Assistance or support that is given to someone in need.
Stand up for	Defend or support someone or something.
Male	Male means boy. It is the word we use to describe people who are boys or men.
Female	Female means girl. It is a word that describes people who can have babies.
Diversity	A variety of different things or people.
Fairness	Treating people or things in a way that is just and impartial.
Kindness	The quality of being friendly, generous, and considerate.
Unique	Unique means being the only one of its kind, or very special or unusual.
Value	Value is the importance that something has.

Key Skills

- Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.
- Explain how it feels to have a friend and be a friend. Explain why it is ok to be different from my friends



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 3
Celebrating Differences

Prior Learning

- I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.
- I can explain how it feels to have a friend and be a friend. I can also explain why it is okay to be different from my friends.

Key Vocabulary	Definitions
Loving	Feeling or showing deep affection and care for someone.
Caring	Showing concern for others and wanting to help them.
Safe	Free from danger or harm.
Connected	Feeling close to others and having a sense of belonging.
Conflict	A disagreement or argument between people.
Solve it together	Working together to find a solution to a problem.
Solutions	Possible ways to solve a problem.
Resolve	To find a way to end a conflict or problem.
Witness	Someone who sees something happen.
Bystander	Someone who is present at an event but does not take part in it.
Bullying	Using force, threat or teasing to hurt someone.
Gay	Feeling or showing physical attraction to people of the same gender.
Feelings	The way you experience emotions, such as happiness, sadness, or anger.
Tell	To speak or write about something.
Consequences	The results or effects of something.
Hurtful	Causing pain or sadness.
Compliment	A positive remark about someone's appearance or behaviour.

Key Skills

- Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.
- Tell you how being involved with a conflict makes me feel and can offer strategies to help the situation eg solve it together or ask for help.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 4
Celebrating Differences

Prior Learning

- I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflict happens.
- I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation.

Key Vocabulary	Definitions
Character	A person's personality or qualities.
Judgement	An opinion or decision about someone or something.
Surprised	Feeling astonished or unexpected.
Different	Not the same as others.
Appearance	The way someone or something looks.
Accept	To agree to something or to receive something willingly.
Influence	The power to affect someone's behaviour or opinion.
Opinion	A personal view or belief that is not necessarily based on fact.
Attitude	A person's way of thinking or feeling about something.
Secret	Something that is kept hidden.
Deliberate	Done on purpose.
Bystander	Someone who is present at an event but does not take part in it.
Witness	Someone who sees something happen.
Problem solve	To find a solution to a problem.
Cyber bullying	Bullying that happens online or through electronic communication.
Text message	A short message sent electronically from a mobile phone.
Website	A collection of web pages on the Internet.
Troll	A person who posts inflammatory or offensive messages online.
Physical features	The parts of a person's body, such as their face, hair, and eyes.
Impression	The first opinion you have of someone or something.
Changed	Made different.
On purpose	Done intentionally.

Key Skills

- Tell of a time when my first impression of someone changed as I got to know them and explain why bullying might be difficult to spot and what to do about it
- Explain why it is good to accept myself and others for who we are.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 5
Celebrating Differences

Prior Learning

- I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I am not sure.
- I can explain why it is good to accept myself and others for who we are.

Key Vocabulary	Definitions
Culture	The customs and arts of a particular nation or people.
Conflict	A disagreement or argument between two or more people.
Similarity	Having the same or nearly the same characteristics or qualities.
Belong	To be a member of a group or community.
Culture Wheel	A model used to represent the different aspects of culture, such as values, beliefs, and practices.
Racism	Prejudice or discrimination directed against someone of a different race based on the belief that one's own race is superior.
Colour	Colour is the property of an object that makes it appear to have a particular hue or brightness.
Race	A group of people who share a common genetic ancestry and physical characteristics.
Discrimination	The unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, or sex.
Ribbon	A long, thin strip of material, typically used to tie things up or for decoration.
Rumour	A story or piece of information that is spread from one person to another, often with no clear source.
Name-calling	The use of insulting or offensive names as a form of bullying.
Racist	A person who is prejudiced against or antagonistic toward people of a different race.
Homophobic	Prejudiced against, hostile toward, or averse to homosexuality or homosexual people.
Cyber-bullying	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
Texting	Sending electronic messages from one mobile phone to another.
Problem-solving	The process of finding solutions.
Indirect	Not expressed or done in a straightforward way.
Direct	Expressed or done in a straightforward way.
Happiness	A state of well-being and contentment.
Developing World	Countries with lower levels of economic development than those in the developed world.
Celebration	Time when people come together to celebrate something special.
Artefacts	Objects made or used by humans, especially in the past.
Display	To show or exhibit something.
Presentation	A formal talk or demonstration.

Key Skills

- Explain the differences between direct and indirect types of bullying and offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.
- Explain why racism and other forms of discrimination are unkind. Express how I feel about discriminatory behaviour.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 6

Celebrating Differences

Prior Learning

- I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved in a bullying situation.
- I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.

Key Vocabulary	Definitions
Male	Male means boy. It is the word we use to describe people who are boys or men.
Female	Female means girl. It is a word that describes people who can have babies.
Biological sex	The physical characteristics that determine whether an individual is male or female.
Stereotype	A set of generalisations about a particular group of people that is often inaccurate or oversimplified.
Individuality	The qualities that make a person unique.
Diverse	Made up of a variety of different people or things.
Different	Not the same as something else.
Equality	The state or quality of being equal.
Fairness	The quality of being just and impartial.
Identity	The qualities or characteristics that make a person or thing unique.
Gender Identity	A person's internal sense of being male, female, neither, both, or somewhere along the gender spectrum.
Transgender	Denoting or relating to a person whose gender identity differs from the sex the person was assigned at birth.
Non-binary	A gender identity that is neither exclusively male nor exclusively female.
Courage	The ability to do something that is brave or difficult.
Rights	The entitlements that are due to a person by virtue of being human.

Key Skills

- Explain ways in which difference can be a source of conflict or a cause for celebration.
- Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year EYFS
Dreams and Goals

Prior Learning

- None required

Key Vocabulary	Definitions
Dream	A dream is a series of thoughts, images, and emotions that occur in your mind while you are asleep.
Goal	Something that you want to achieve or accomplish.
Challenge	A difficult task or problem.
Job	Something that people do to earn money.
Ambition	Having a strong desire to achieve something.
Perseverance	The quality of continuing to try to do something even though it is difficult.
Achievement	The successful completion of a task or the accomplishment of something that is difficult.
Happy	Feeling good.
Kind	Being nice and helpful to others.
Encourage	To make them feel more confident and able to do something.

Key Skills

- Stay motivated when doing something challenging.
- Keep trying even when things are tricky.
- Work well with a partner or a group.
- Have a positive attitude.
- Help others to achieve their goals.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 1

Dreams and Goals

Prior Learning

- EYFS vocabulary for dreams and goals

Key Vocabulary	Definitions
Proud	Feeling happy and satisfied because of something you or someone you know has done.
Success	Achieving something that you wanted to do.
Treasure	Something that is very valuable or important to you.
Coins	Small, round pieces of metal that are used as money.
Learning	The process of gaining knowledge or skills.
Stepping-stones	Stones that are placed in a stream or river to help people cross it.
Process	A series of actions that are taken in order to achieve something.
Working together	When two or more people work together to achieve a common goal.
Team work	The way in which a group of people work together.
Celebrate	To have fun and show happiness because of something good that has happened.
Stretchy	Something that can be pulled or stretched without breaking.
Challenge	A difficult task or problem.
Feelings	These are the way that your body and mind react to different things. They can be happy, sad, angry, scared, or excited.
Obstacle	An object or event that makes it difficult or impossible to move forward or achieve something.
Overcome	To succeed in dealing with a difficulty or problem.
Achieve	To succeed in doing something that you have been working hard towards.

Key Skills

- Explain how I feel when I am successful and how this can be celebrated positively.
- Say why my internal treasure chest is an important place to store positive feelings.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 2

Dreams and Goals

Prior Learning

- I can explain how I feel when I am successful and how this can be celebrated positively
- I can say why my internal treasure chest is an important place to store positive feelings

Key Vocabulary	Definitions
Realistic	Based on facts and not on imagination.
Achievement	The successful completion of a task or the accomplishment of something that is difficult.
Goal	Something that you want to achieve or accomplish.
Strength	The quality of being strong and powerful.
Persevere	To continue doing something even when it is difficult or unpleasant.
Difficult	Needing a lot of effort, skill, or energy to do or achieve.
Easy	Needing little effort, skill, or energy to do or achieve.
Learning together	When two or more people learn from each other.
Partner	A person who you work with or are in a relationship with.
Product	Something that is made or produced.

Key Skills

- Explain how I played my part in a group and the parts other people played to create an end product, Explain how our skills complemented each other.
- Explain how it felt to be part of a group and can identify a range of feelings about group work.

Kaleidoscope PSHE Curriculum

Learning Organiser for Year 3

Dreams and Goals

Prior Learning

- I can explain how I played my part in a group, and the parts other people played to create an end product.
- I can explain how our skills complimented each other and I can explain how it felt to be part of a group and can identify a range of feelings about group work.

Key Vocabulary	Definitions
Perseverance	The quality of continuing to try to do something even though it is difficult.
Challenges	Difficult tasks or problems.
Success	Achieving something that you wanted to do.
Obstacles	Objects or events that makes it difficult or impossible to move forward or achieve something.
Dreams	A series of thoughts, images, and emotions that occur in your mind while you are asleep.
Goals	Things that you want to achieve or accomplish.
Ambitions	Having strong desires to achieve something.
Future	The time that is to come, or something that will happen or exist later.
Aspirations	Ambitions or hopes for the future.
Garden	An area of land used for growing flowers, fruit, and vegetables.
Decorate	To make something more attractive.
Enterprise	A project or undertaking that is intended to be profitable.
Design	The process of planning and creating something.
Co-operation	The act of working together with others to achieve a common goal.
strengths	The qualities or abilities that make someone good at something.
Motivated	Having a strong desire to do something.
Enthusiastic	Having or showing great eagerness.
Excited	Feeling happy and wanting something to happen soon.
Efficient	Working in a way that uses time and resources effectively.
Responsible	Able to be trusted to do something or to behave in a particular way.
Frustration	The feeling of being annoyed.
Solve it together	To find a solution to a problem by working together.
Technique	A special way of doing something.
Solutions	The answers to problems.
Review	To look at something again or to think about it carefully.
Learning	The process of gaining knowledge or skills.
Evaluate	To assess somethings quality or worth.

Key Skills

- Explain the different ways that help me learn and what I need to do to improve.
- Be confident and positive when I share my success with others. I can explain feelings and why this is important.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 4

Dreams and Goals

Prior Learning

- I can explain the different ways that help me learn and what I need to do to improve
- I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.

Key Vocabulary	Definitions
Hope	A feeling of wanting something to happen or to be true.
Determination	The quality of being firm in your purpose and not giving up easily.
Resilience	The ability to recover quickly from difficult conditions.
Positive attitude	A way of thinking that expects good things to happen.
Disappointment	The feeling of sadness or anger that someone gets when something does not happen as they hoped or expected.
Fears	Things that you are afraid of.
Hurts	Things that give physical and emotional pain.
Positive experiences	Events or things that make you feel happy, good, or satisfied.
Plans	Ideas about what to do in the future.
Cope	To deal with difficult or challenging situations.
Help	To give someone support or assistance.
Self-belief	The confidence in your own abilities.
Motivation	The desire or reason to do something.
Commitment	A promise or agreement to do something.
Enterprise	A project or undertaking that is intended to be profitable.

Key Skills

- Plan and set new goals even after disappointment.
- Explain what resilient means and have a positive attitude.

Kaleidoscope PSHE Curriculum

Learning Organiser for Year 5 Dreams and Goals

Prior Learning

- I can plan and set new goals even after a disappointment.
- I can explain what it means to be resilient and to have a positive attitude.

Key Vocabulary	Definitions
Feeling	A feeling is an emotion or sensation that you experience.
Money	A form of currency that is used to buy things.
Grown up	A grown-up is someone who is fully grown and developed. They are usually an adult.
Adult	An adult is someone who is all grown up. They can make their own decisions and take care of themselves.
Lifestyle	The way someone lives.
Job	Something that people do to earn money.
Career	A series of jobs that you have over your lifetime.
Profession	A job that requires a special level of training and education.
Salary	A fixed amount of money that you are paid for your work.
Contribution	Doing something to help someone or something else.
Society	A group of people who live together and share a common culture.
Determination	The quality of being firm in your purpose and not giving up easily.
Motivation	The desire or reason to do something.
Culture	The customs, beliefs, and values of a particular group of people.
Country	An area of land that has its own government and borders.
Sponsorship	The financial support of an activity or organisation
Communication	The process of transferring information from one person to another.
Support	Help or encouragement that you give to someone or something.
Rallying	The act of bringing people together to achieve a common goal.
Team work	The way in which a group of people work together.
Co-operation	The act of working together with others to achieve a common goal.
Difference	The state of being different from something else.

Key Skills

- Compare my hopes and dreams with those of young people from different cultures.
- Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

Kaleidoscope PSHE Curriculum

Learning Organiser for Year 6 Dreams and Goals

Prior Learning

- I can compare my hopes and dreams with those of young people of different cultures.
- I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

Key Vocabulary	Definitions
Learning	The act or process of acquiring knowledge or skill through study, experience, or instruction.
Stretch	To extend or reach out to a greater length or degree.
Personal	Relating to or belonging to a particular person or oneself.
Realistic	Based on or conforming to facts or actual conditions; practical and sensible.
Unrealistic	Not based on or conforming to facts or actual conditions; impractical and unrealistic.
Success	Achieving something that you wanted to do.
Criteria	A set of standards or rules used to judge or assess something.
Learning steps	A sequence of steps or stages in a learning process.
Global issue	A problem or issue that affects people all over the world.
Suffering	The state of experiencing pain or hardship; distress or anguish.
Concern	A feeling of worry or anxiety about something; a matter of interest or importance.
Hardship	Difficulty, trouble, or suffering; a period of great suffering or adversity.
Sponsorship	Financial support or assistance given to a person, organisation, or event.
Empathy	The ability to understand and share the feelings of another person.
Motivation	The desire or reason to do something.
Admire	To have a high opinion of someone or something.
Respect	A feeling of deep admiration for someone or something.
Praise	Expression of approval or commendation.
Compliment	A favourable remark about someone's appearance, abilities, or achievements.
Contribution	Something that is given or done to help achieve a particular aim.
Recognition	Acknowledging someone's achievements or qualities.

Key Skills

- Explain different ways to work with others to help make the world a better place.
- Explain what motivates them to make the world a better place.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year EYFS
Healthy Me

Prior Learning

None required

Key Vocabulary

Definitions

Healthy	Eating a variety of nutrient-rich foods and getting regular physical activity.
Exercise	An activity that involves moving and using our bodies, such as running, jumping, playing sports, or dancing.
Head	The top part of your body with your face, eyes, ears, mouth, and nose.
Shoulders	The part of your body where your arms meet your chest.
Knees	The joints in the middle of your legs that bend so you can walk, run, and play.
Toes	The five movable parts at the end of each human foot.
Sleep	Sleep is when your body and brain rest and get ready for a new day.
Wash	To make something clean.
Clean	Free from dirt, germs, and other things that can make you sick.
Stranger	Someone you don't know well, even if they seem friendly.
Scare	A sudden feeling of fear.

Key Skills

- Make healthy choices.
- Eat a balanced Diet.
- Be physically active.
- Try to keep themselves and others safe.
- Know how to be a good friend and have a healthy relationship.
- Keep calm and deal with tricky situations.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 1
Healthy Me

Prior Learning

- EYFS Vocabulary for Healthy Me

Key Vocabulary	Definitions
Unhealthy	Anything that can harm physical, mental, or emotional well-being.
Balanced	Two things are equal or even.
Exercise	An activity that involves moving and using our bodies, such as running, jumping, playing sports, or dancing.
Sleep	Sleep is when your body and brain rest and get ready for a new day.
Choices	Decisions that we make between different options.
Body parts	The human body is made up of many different parts, each with its own job.
Keeping clean	Making sure that something is free from dirt and germs.
Toiletry items (e.g. toothbrush, shampoo, soap)	Items that are used to clean and care for the body.
Hygienic	When people or surroundings are clean, especially in order to prevent illness or the spread of diseases.
Safe Medicines	Medicines that are used correctly and as directed.
Safety	The measures taken to protect oneself from danger or harm.
Green Cross Code	A set of rules that people should follow when crossing the road.
Eyes	The organs of sight, located in the head.
Ears	The parts of the body on the side of the head that helps you hear.
Look	To use your eyes to see something.
Listen	To hear something.
Wait	To stay in a place until something happens.

Key Skills

- Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.
- Give examples of when being healthy can help me feel happy.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 2
Healthy Me

Prior Learning

- I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy
- I can give examples of when being healthy can make me feel happy

Key Vocabulary	Definitions
Healthy choices	Choices that are good for your physical and mental health.
Lifestyle	The way a person lives, including their habits, choices, and attitudes.
Motivation	The desire or reason to do something.
Relax	To become calm and free from stress or tension.
Relaxation	The state of being calm and free from stress or tension.
Tense	Feeling or causing anxiety, nervousness, or strain.
Calm	Peaceful and quiet; not disturbed or excited.
Dangerous	Likely to cause harm or danger.
Medicines	Substances used to treat or prevent illness.
Body	The physical structure of a person or animal.
Balanced diet	A diet that provides all the nutrients the body needs.
Portion	A part of something, especially when divided into others.
Proportion	The relative size or amount of something compared to something else.
Energy	The ability to do work.
Fuel	A substance that is burned to produce heat or power.
Nutritious	Providing nourishment.

Key Skills

- Explain why foods and medicines can be good for my body comparing my ideas with less healthy/unsafe choices.
- Compare my own and my friends/ choices and express how it feels to make healthy and safe choices.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 3
Healthy Me

Prior Learning

- I can explain why foods and medicines can be good for my body, comparing my ideas with less healthy/unsafe choices
- I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices

Key Vocabulary	Definitions
Oxygen	A colourless, odourless, gas needed for humans to breath.
Calories/kilojoules	A unit of energy used to measure the amount of energy released in the body from food.
Heartbeat	The rhythmic contraction and expansion of the heart, caused by the filling and emptying of its chambers with blood.
Lungs	The pair of organs in the chest that are responsible for respiration (breathing).
Heart	The muscular organ that pumps blood throughout the body.
Fitness	The state of being physically fit and healthy.
Labels	Information attached to a product that describes its contents, nutritional value, and other relevant information.
Sugar	A simple carbohydrate that is the primary source of energy for the body.
Fat	A substance that is stored in the body and used as a source of energy.
Saturated Fat	A type of fat that is found in animal products and some plant-based oils.
Healthy	Eating a variety of nutrient-rich foods and getting regular.
Drugs	Chemicals that affect the body or mind.
Attitude	A person's way of thinking or feeling about something.
Anxious	Feeling uneasy or worried.
Scared	Feeling afraid or frightened.
Strategy	A plan of action intended to achieve a specific goal.
Advice	An opinion or recommendation offered as guidance.
Harmful	Causing or likely to cause harm.
Risk	The possibility of something bad happening.
Feelings	These are the way that your body and mind react to different things. They can be happy, sad, angry, scared, or excited.
Complex	Made up of many different parts or elements.
Appreciate	To understand and value something.
Body	The main part of a person or animal, excluding the head and limbs.
Choice	A selection or decision about something.

Key Skills

- Identify things, people and places that I need to keep safe from, and tell some strategies for keeping myself safe and healthy including who to go to for help.
Express how being anxious/scared and unwell feels.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 4
Healthy Me

Prior Learning

- I can identify things, people and places that I need to keep safe from and can tell you some strategies for keeping myself safe and healthy including who to go to for help
- I can express how being anxious/scared and unwell feels

Key Vocabulary	Definitions
Friendship	A close relationship between two people who care about each other.
Emotions	Feelings or reactions to situations or events.
Relationships	The way in which two or more people are connected or interact with each other.
Friendship groups	Groups of friends who spend time together and share common interests.
Value	Something that is considered important or worthwhile.
Roles	The different parts played by people in a group or society.
Leader	A person who leads or guides others.
Follower	A person who supports or follows a leader.
Assertive	Confident and able to express one's opinions or needs without being aggressive.
Agree	To think or believe that something is true or right.
Disagree	To think or believe that something is not true or right.
Smoking	The act of inhaling and exhaling the smoke of tobacco.
Pressure	The feeling of being forced or obliged to do something.
Peers	People of the same age or social group.
Guilt	A feeling of remorse or regret for doing something wrong.
Advice	Suggestions or recommendations given to someone about what they should do.
Alcohol	A type of drug that can cause intoxication, addiction, and other health problems.
Liver	A large organ in the body that plays a vital role in digestion, metabolism, and other functions.
Disease	A condition that affects the structure or function of the body or mind.
Anxiety	A feeling of worry or fear.
Fear	A feeling of dread or being scared.
Believe	To accept or regard something as true.
Opinion	A personal view or belief that is not necessarily based on fact.
Right	Something that is morally correct or acceptable.
Wrong	Something that is morally incorrect or unacceptable.

Key Skills

- Recognise when people are putting me under pressure and can explain ways to resist this when I want to.
- Identify feelings of anxiety and fear associated with peer pressure.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 5
Healthy Me

Prior Learning

- I can recognise when people are putting me under pressure and can explain ways to resist this when I want to
- I can identify feelings of anxiety and fear associated with peer pressure

Key Vocabulary	Definitions
Choices	Decisions that we make between different options.
Healthy behaviour	Doing things that are good for your body and mind.
Unhealthy behaviour	Doing things that are not good for your body and mind.
Informed decision	Making a decision based on facts and evidence, rather than emotion or impulse.
Pressure	Feeling forced or obligated to do something, often against your will.
Media	The means of communication, such as newspapers, television, radio, and the internet.
Influence	The power to affect someone or something.
Emergency	A sudden, dangerous, or unexpected situation that requires immediate action.
Procedure	A set of instructions or steps to be followed to complete a task.
Recovery position	A position that helps a person breathe easily and prevents choking if they become unconscious.
Level-headed	Calm and sensible, even in difficult situations.
Body image	The way you see and think about your own body.
Social Media	Websites and apps that allow people to share information and connect with others online.
Celebrity	A famous person, especially one who is admired or who is well-known by the public.
Altered	Changed or made different.
Self-respect	A sense of confidence and pride in yourself.
Comparison	Judging something by comparing it to something else.
Eating Problem	A difficulty with eating.
Eating Disorder	A mental illness that affects the way you eat and think about food.
Respect	Showing consideration and appreciation for someone or something.
Debate	A discussion in which people express different opinions.
Opinion	A personal view or belief that is not necessarily based on fact.
Fact	A statement that can be proven to be true.
Motivation	The desire or reason to do something.

Key Skills

- Explain different roles that food and substances can play in people's lives. Explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
- Summarise different ways that I respect and value my body.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 6

Healthy Me

Prior Learning

- I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
- I can summarise different ways that I respect and value my body

Key Vocabulary	Definitions
Responsibility	Being answerable for your own actions or able to take care of yourself.
Immunisation	A medical treatment that helps protect against a disease.
Prevention	The act of stopping something bad from happening.
Drugs	Chemicals that affect the body or mind.
Effects	The changes that something causes.
Prescribed	Given to someone by a doctor or other healthcare professional to take to treat an illness.
Unrestricted	Not limited or controlled in any way.
Over-the-counter	Available to buy without a prescription.
Restricted	Limited or controlled in some way.
Illegal	Against the law.
Volatile substances	Substances that can easily turn into gas or vapour.
'Legal highs'	Substances that are not illegal but can be dangerous to use.
Exploited	Taken advantage of in a cruel or unfair way.
Vulnerable	Easily harmed or hurt.
Criminal	Relating to crime or criminals.
Gangs	Groups of people who spend time together and often behave in a way that is harmful to others.
Pressure	The feeling of being forced to do something.
Strategies	Ways of doing things that can help you achieve something.
Reputation	The way someone or something is generally seen or thought of.
Anti-social behaviour	Behaviour that is unacceptable or harmful to others.
Crime	An action or omission that is against the law and can be punished.
Mental Health	The state of someone's mind, especially when it affects their behaviour, emotions, and ability to cope with daily life.
Emotional health	The state of someone's feelings and ability to cope with everyday challenges.
Mental illness	A medical condition that affects a person's thinking, feeling, behaviour.
Symptoms	Signs of a disease or medical condition.
Stress	The feeling of being overwhelmed or unable to cope with something.
Triggers	Things that can cause stress.
Strategies	Plans of action designed to achieve a specific goal.
Managing stress	Coping with and reducing the negative effects of stress.
Pressure	The feeling of being forced to do something.
Key Skills	

- Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.
- Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year EYFS
Relationships

Prior Learning

- None required.

Key Vocabulary	Definitions
Family	A group of people related to each other, such as parents and children.
Jobs	Different types of work that people do to earn money.
Relationship	The way two people feel and behave towards each other.
Friend	Someone you like and enjoy spending time with.
Lonely	Feeling sad because you are by yourself.
Argue	To disagree with someone strongly about something.
Fall-out	A serious argument between two people, which can lead to them not speaking to each other.
Words	The sounds or symbols that we use to communicate with each other.
Feelings	These are the way that your body and mind react to different things. They can be happy, sad, angry, scared, or excited.
Angry	Feeling very annoyed or upset.
Upset	Feeling sad, disappointed, or frustrated.
Calm me	To help me feel relaxed and peaceful.
Breathing	The process of taking in air and letting it out of our lungs.

Key Skills

- Know how to make friends
- Try to solve friendship problems when they occur
- Help others feel part of a group.
- Show respect when dealing with other people
- Know how to help themselves and others when they feel upset
- Know and show what makes a good friendship.



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 1
Relationships

Prior Learning

- Help others feel part of a group.
- Show respect when dealing with other people
- Know how to help themselves and others when they feel upset
- Know and show what makes a good friendship.

Key Vocabulary	Definitions
Belong	To be part of a group or place.
Same	Exactly alike.
Different	Not the same.
Friendship	A close relationship between two people who care about each other.
Qualities	The things that make someone or something special.
Caring	Showing that you feel kindly about someone or something.
Sharing	Giving something to someone else.
Kind	Being nice and helpful to others.
Greeting	A way of saying hello to someone.
Touch	Touch is the sense of feeling something with your skin.
Feel	To experience something physically or emotionally.
Texture	The way something feels when you touch it.
Like	To enjoy something or to have a positive opinion of it.
Dislike	To not enjoy something or to have a negative opinion of it.
Help	To give someone support or assistance.
Helpful	Willing to give assistance to others.
Community	A group of people who live together and share a common interest or identity.
Confidence	A feeling of self-assurance or belief in your own abilities.
Praise	To express approval or admiration for someone or something.
Skills	Abilities or talents that you have.
Self-belief	A belief in your own worth and abilities.
Incredible	Very impressive or amazing.
Proud	Feeling happy and satisfied because of something you or someone you know has done.
Celebrate	To have fun and show happiness because of something good that has happened.
Relationships	The way in which two or more people are connected or interact with each other.
Special	Something that is different from others and has a unique quality.
Appreciate	To be thankful for something or someone.

Key Skills

- Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. Explain how my qualities help these relationships.
- Give examples of behaviour in other people that I appreciate and behaviours I don't like.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 2

Relationships

Prior Learning

- I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.
- I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.

Key Vocabulary	Definitions
Similarities	The things that are the same or alike.
Special	Something that is different from others and has a unique quality.
Important	Having great significance or value.
Co-operate	To work together with someone to achieve a common goal.
Physical contact	Touching or being touched by someone else.
Communication	The way in which people share information with each other.
Hugs	A way of showing love and affection by holding someone close.
Acceptable	Something that is allowed or considered to be okay.
Not acceptable	Something that is not allowed or considered to be wrong.
Conflict	A disagreement or argument between two or more people.
Point of view	The way in which someone sees or understands something.
Positive problem solving	Finding a solution to a problem in a way that is helpful and constructive.
Secret	Something that is kept hidden from other people.
Surprise	Something happens unexpectedly and makes someone feel happy or excited.
Good secret	A secret that is harmless and does not hurt anyone.
Worry secret	A secret that makes someone feel anxious or troubled.
Telling	Sharing a secret with someone else.
Adult	A grown-up person who is responsible for taking care of themselves/ others.
Trust	The belief that someone is good and reliable.
Happy	Feeling good.
Sad	Feeling unhappy or depressed.
Frightened	Feeling scared or afraid.
Trustworthy	Someone who can be relied upon to be honest and truthful.
Honesty	The quality of being truthful and sincere.
Reliability	The ability to be depended upon to do what you say you will do.
Compliments	Nice things that you say to someone to make them feel good about themselves.
Celebrate	To have fun and show happiness because something good has happened.

Key Skills

- Explain why some things might make me feel uncomfortable in a relationship and compare with a relationship that makes me feel safe and special.
- Give examples of different problem-solving techniques and explain how I might use them in certain situations in my relationships



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 3
Relationships

Prior Learning

- I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.
- I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.

Key Vocabulary	Definitions
Men	Adult human males.
Women	Adult human females.
Unisex	Designed for use by both men and women.
Male	Male means boy. It is the word we use to describe people who are boys or men.
Female	Female means girl. It is a word that describes people who can have babies.
Stereotype	Oversimplified idea of a particular group of people.
Career	A series of jobs that you have over your lifetime.
Job	Something that people do to earn money.
Role	A particular part or function that someone or something has.
Responsibilities	Something that you are expected to do or be in charge of.
Respect	A feeling of deep admiration for someone or something because of their abilities, qualities, or achievements.
Differences	The qualities or characteristics that distinguish one thing from another.
Similarities	The qualities or characteristics that two or more things have in common.
Conflict	A disagreement or argument between two or more people.
Win-win	A situation in which everyone involved gets something they want.
Solution	A way of solving a problem.
Solve it together	To work together to find a solution to a problem.
Problem solve	To find a solution to a problem.
Internet	A global computer network that connects computers all over the world.
Social media	Websites and apps that allow people to share information and connect with others online.
Online	Connected to the internet.
Risky	Potentially dangerous or harmful.
Gaming	The activity of playing video games.
Safe	Not dangerous or harmful.
Unsafe	Dangerous or harmful.
Private messaging (pm)	A way of sending messages to another person privately.
Direct messaging (DM)	A way of sending messages to another person privately.
Global	Relating to the whole world.
Communication	The exchange of information between two or more people.

Fair trade	The exchange of goods and services between countries on a fair and equitable basis.
Inequality	When things are not shared fairly or equally.
Food journey	The path that food takes from the farm to our plates.
Climate	The average weather conditions in a place over a long period of time.
Transport	Moving people or goods from one place to another.
Exploitation	Taking advantage of someone or something in an unfair way.
Rights	A moral or legal entitlement to have or do something.
Needs	Things that people must have to live, such as food, water, shelter, and clothing.
Wants	Things that people would like to have.
Justice	Fairness and equality in the way people are treated.
United Nations	An international organization that works to maintain peace and security, protect human rights, and promote sustainable development.
Key Skills	
• Explain how my life is influenced positively by people I know and also by people from other countries. • Explain why my choices might affect my family, friendships and people around the world who I don't know.	



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 4
Relationships

Prior Learning

- I can explain how my life is influenced positively by people I know and also by people from other countries.
- I can explain why my choices might affect my family, friendships and people around the world who I don't know.

Key Vocabulary	Definitions
Relationship	A special connection or bond between two people.
Lose	To fail to find, keep, or have something any longer.
Jealousy	A feeling of unhappiness and anger caused by someone else having something that you want.
Emotions	A feeling or affection of the mind.
Positive	Good, beneficial, or helpful.
Negative	Bad, harmful, or unhelpful.
Shock	A sudden feeling of surprise, fear, or disbelief.
Disbelief	The feeling of not believing something or of finding it hard to believe.
Numb	Unable to feel anything, especially pain or emotion.
Denial	Refusal to accept something as true or real.
Guilt	A feeling of having done something wrong or of being responsible for something bad.
Sadness	A feeling of unhappiness or sorrow.
Pain	Physical or emotional suffering.
Despair	A feeling of complete hopelessness and defeat.
Hope	The feeling of expecting something positive to happen.
Souvenir	A small object that you keep to remind you of a place or event.
Memento	An object that is kept to remember a person or event.
Memorial	A place or object that is created to remember a person or event.
Acceptance	The act of accepting something without protest or changing it.
Relief	The feeling of being free from worry or anxiety.
Remember	To keep something in your mind.
Negotiate	To discuss something with someone in order to reach an agreement.
Compromise	To agree to something that is not exactly what you want, but that is acceptable to both parties involved.
Loyal	Faithful to someone or something.
Empathy	The ability to understand and share the feelings of another person.
Betrayal	An act of breaking a trust or commitment.
Amicable	Friendly and peaceful.
Love	A feeling of strong affection and care for another person.

Key Skills

- Recognise how people are feeling when they miss a special person or animal.
- Give ways that might help me manage my feelings when missing a special person or animal.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 5
Relationships

Prior Learning

- I can recognise how people are feeling when they miss a special person or animal.
- I can give ways that might help me manage my feelings when missing a special person or animal.

Key Vocabulary	Definitions
Personal attributes	These are the qualities that make you an individual, such as your personality, values, and beliefs.
Qualities	These are the good things about you, such as your strengths, talents, and skills.
Characteristics	These are the things that make you unique, such as your appearance, personality, and interests.
Self-esteem	The overall opinion we have of ourselves.
Unique	Unique means being the only one of its kind, or very special or unusual.
Comparison	This is when you compare yourself to others.
Negative self-talk	This is when you say mean things to yourself.
Social media	Websites and apps that allow people to share information and connect with others online.
Online	This means that you are connected to the internet.
Community	This is a group of people who live in the same area or share common interests.
Positive	Good, beneficial, or helpful.
Negative	Bad, harmful, or unhelpful.
Safe	This means that something is not dangerous.
Unsafe	This means that something is dangerous.
Rights	A moral or legal entitlement to have or do something.
Social network	This is a group of people who are connected online.
Violence	This is the use of physical force to injure or harm someone.
Grooming	This is when someone tries to gain the trust of a child or young person in order to abuse them.
Troll	This is a person who posts negative or inflammatory comments online.
Gambling	This is the act of betting money on something that is uncertain.
Betting	This is the act of making a wager, or placing a bet.
Trustworthy	This means that someone can be relied on to be honest and fair.
Appropriate	This means that something is suitable or right for a particular situation.
Screen time	This is the amount of time that you spend using electronic devices, such as smartphones, tablets, and computers.
Physical health	This is the state of your body and how well it functions.
Mental health	This is the state of your mind and how well you are able to cope with stress, emotions, and relationships.
Off-line	This means that you are not connected to the internet.

Social	This means that you are interested in or enjoy being around other people.
Peer pressure	This is the influence that friends and classmates have on your behaviour.
Influences	These are the things that affect your thoughts, behaviour, and decisions.
Personal information	This is information about yourself, such as your name, address, and contact information.
Passwords	A special secret word or phrase that you use to keep your computer or online account safe.
Privacy	The right to be alone and to keep your personal information safe.
Settings	The options you can choose to change how your computer or online account works.
Profile	A collection of information about yourself, like your name, age, and interests.
SMART rules	Guidelines for using social media safely and responsibly.
Key Skills	
- I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. - I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.	

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 6
Relationships

Prior Learning

- I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.
- I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

Key Vocabulary	Definitions
Personal attributes	The qualities that make you who you are, such as your personality, character, and values.
Qualities	Good or bad characteristics, such as honesty, kindness, or selfishness.
Characteristics	The features that make something or someone different from others.
Self-esteem	The overall opinion we have of ourselves.
Unique	Unique means being the only one of its kind, or very special or unusual.
Comparison	Judging one thing by comparing it to another.
Negative self-talk	Talking to yourself in a way that is mean or discouraging.
Social media	Websites and apps that allow people to share information and connect with others online.
Online	Connected to the internet.
Community	A group of people who share common interests or live in the same place.
Positive	Good, beneficial, or helpful.
Negative	Bad, harmful, or unhelpful.
Safe	Free from danger or risk of harm.
Unsafe	Dangerous or risky.
Rights	A moral or legal entitlement to have or do something.
Social network	A group of people who are connected to each other by social media or other online means.
Violence	Physical force or behaviour intended to hurt or damage someone or something.
Grooming	The process of gaining the trust of a child or young person in order to abuse them.
Troll	Someone who posts inflammatory or off-topic messages in an online community with the intention of provoking a reaction from others.
Gambling	Playing games of chance for money.
Betting	Placing a bet on the outcome of an event.
Trustworthy	Someone who can be relied on to be honest and reliable.
Appropriate	Suitable or fitting for a particular situation or purpose.
Screen time	The amount of time that someone spends looking at a screen, such as a TV, computer, or smartphone.
Physical health	The state of being free from illness or injury.
Mental health	The state of being well-adjusted and mentally healthy.
Off-line	Not connected to the internet.

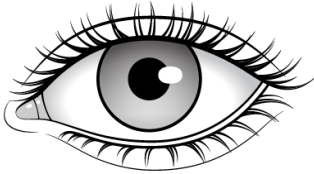
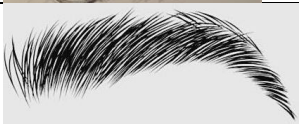
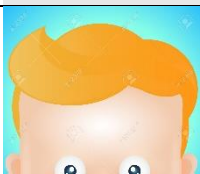
Social	Relating to or involving people.
Peer pressure	The influence that people exert on each other to conform to a particular standard.
Influences	People or things that have an effect on someone or something.
Personal information	Information about yourself, such as your name, address, and email address.
Passwords	Secret codes that are used to protect online accounts.
Privacy	The right to be free from interference or intrusion.
Settings	Options that can be adjusted to control how something works.
Profile	A page on a social media site that contains information about a person.
SMART rules	Guidelines for using social media safely and responsibly.
Key Skills	
- Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. - Explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations, I can offer strategies to help me manage these feelings and situations.	

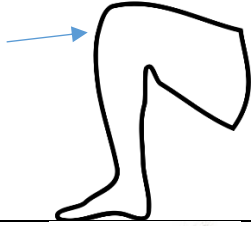
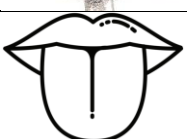


Kaleidoscope PSHE Curriculum
Learning Organiser for Year EYFS
Changing Me

Prior Learning

- None required

Key Vocabulary	Definitions
Eye	 The organ of sight, located in the head.
Foot	 The part of the body at the end of the leg that you stand on.
Eyebrow	 The line of hair that grows above each eye.
Forehead	 The part of the face above the eyes and up to the hairline.
Ear	 The part of the body on the side of the head that helps you hear.
Mouth	 The opening in the face that is used for eating, talking, and breathing.
Arm	 The part of the body that extends from the shoulder to the wrist.
Leg	 The long part of the body that helps people walk, run, and jump.
Chest	 The front part of the body where the heart is.

Knee		The joint in the middle of the leg that allows the leg to bend.
Nose		The part of the face that helps you smell and breathe.
Tongue		The muscular organ inside the mouth that is used for tasting, licking, and speaking.
Finger		One of the five long, thin parts at the end of the hand.
Toe		One of the five small, movable parts at the end of each foot.
Stomach		The soft part of your body where food goes.
Hand		The part of the body at the end of the arm that includes the fingers and is used for holding, moving, touching, and feeling things.
Baby	A very young child, especially one who is under one year old.	
Grown-up	A grown-up is someone who is fully grown and developed. They are usually an adult.	
Adult	An adult is someone who is all grown up. They can make their own decisions and take care of themselves.	
Change	When something becomes different.	
Worry	To feel scared or nervous about something.	
Excited	Feeling happy and wanting something to happen soon.	
Memories	Thoughts or feelings that you have about something that happened in the past.	



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 1
Changing me

Prior Learning

- EYFS vocabulary for Changing me.

Key Vocabulary	Definitions
Changes	Things that make something different.
Life Cycles	The series of changes that a living thing goes through during its life.
Adulthood	Adulthood is the time in your life when you are grown up. It is the time when you are responsible for yourself and your own decisions.
Mature	Mature means grown up and responsible. It also means being able to think for yourself and make good decisions.
Male	Male means boy. It is the word we use to describe people who are boys or men.
Female	Female means girl. It is a word that describes people who can have babies.
Vagina	The muscular canal that connects the uterus to the outside of the body in females.
Penis	A penis is the part of a male body that is used when urinating.
Testicles	The two reproductive organs that produce sperm next to the penis.
Vulva	The part of the body where the vagina is.
Anus	The hole in your bottom that passes waste.
Learn	To find out something new.
New	New means something that has just been made, bought, or discovered.
Grow	To get bigger.
Feelings	These are the way that your body and mind react to different things. They can be happy, sad, angry, scared, or excited.
Anxious	Feeling scared.
Worried	To feel scared or nervous about something.
Excited	Feeling happy and wanting something to happen soon.
Coping	Coping is finding ways to manage your emotions and deal with challenges in a healthy way.

Key Skills

- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva and give reasons why they are private
- I can explain why some changes I might experience might feel better than others.



Kaleidoscope PSHE Curriculum

Learning Organiser for Year 2

Changing Me

Prior Learning

- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva and give reasons why they are private
- I can explain why some changes I might experience might feel better than others.

Key Vocabulary	Definitions
Change	When something becomes different.
Grow	To get bigger.
Control	Being able to choose what happens.
Fully grown	Fully grown means that something has grown as big as it is going to get.
Growing up	Growing is when your body gets bigger and stronger.
Old	It can mean something that is no longer new, or someone who has lived for a long time.
Young	Young means not fully grown or developed. It can also mean new or recent.
Respect	Respect means valuing other people's feelings and treating them the way you want to be treated.
Appearance	The way something or someone looks.
Physical	Having to do with the body.
Baby	A very young child, especially one who is under one year old.
Toddler	A toddler is a child who is just learning to walk and talk.
Child	A young person who is not yet an adult.
Teenager	A young person between the ages of 13 and 19.
Independent	Independent means being able to do things for yourself and make your own decisions.
Timeline	A diagram or model that shows a series of events in the order that they happened.
Freedom	Freedom is the ability to do what you want, when you want, without being controlled by someone else.
Responsibilities	Something that you are expected to do or be in charge of.
Vagina	The muscular canal that connects the uterus to the outside of the body in females.
Public	Public means anything that is open to everyone, like a park or a library.
Private	Not meant to be known or shared with others.
Touch	Touch is the sense of feeling something with your skin.
Texture	The way something feels to the touch.
Cuddle	To hold someone close in your arms.
Hug	To hold someone close in your arms.
Squeeze	To press something firmly.
Like	To enjoy or be interested in something.

Dislike	To not enjoy or like something.
Acceptable	Something that is correct for the intended purpose.
Unacceptable	Something that is not correct for the intended purpose or not allowed.
Comfortable	Feeling relaxed and happy.
uncomfortable	Feeling not relaxed and happy.
Looking forward	To be excited about something that will happen in the future.
Nervous	Feeling scared or worried.
Happy	Feeling good.
Key Skills	
• I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel ok and others don't • I can tell you what I like and don't like about being a boy/girl and getting older and recognise that other people might feel differently to me	

Kaleidoscope PSHE Curriculum

Learning Organiser for Year 3

Changing Me

Prior Learning

- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel ok and others don't
- I can tell you what I like and don't like about being a boy/girl and getting older and recognise that other people might feel differently to me

Key Vocabulary	Definitions
Birth	The act or process of being born.
Animals	A living thing that can move and eat and react to the world through its senses, especially of sight and hearing.
Babies	Very young children, especially those who are under one year old.
Mother	A woman who gave birth to a baby.
Grow	To get bigger.
Uterus	A special organ inside a woman's body where a baby grows during pregnancy.
Womb	A special place inside a woman's body where a baby grows before it is born.
Nutrients	The substances that people need to grow and develop properly.
Survive	To stay alive, especially after a dangerous event or time.
Love	A feeling of strong affection and care for another person.
Affection	A feeling of liking and caring for someone or something.
Care	To look after someone or something, especially in a way that is responsible and protective.
Puberty	Puberty is the time when your body starts to change and grow as you move from being a child to becoming an adult.
Sperm	Sperm is a tiny cell that comes from a boy or man's body.
Ovaries	Ovaries are two special organs inside a female body that make eggs.
Egg	A special kind of seed that female animals produce which contains a baby animal and all the food it needs to grow.
Ovum/ova	The scientific word for egg cell/s.
Stereotypes	A fixed general idea or set of characteristics that a lot of people believe represent a particular type of person or thing.
Task	A piece of work that needs to be done.
Roles	A part or function that someone or something plays.
Challenge	A difficult task or problem.

Key Skills

- I can explain how boys and girls bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up
- I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.

Kaleidoscope PSHE Curriculum
Learning Organiser for Year 4
Changing Me

Prior Learning

- I can explain how boys and girls bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up
- I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.

Key Vocabulary	Definitions
Personal	Belonging to or relating to a particular person. Private or private matters.
Unique	Unique means being the only one of its kind, or very special or unusual.
Characteristics	Characteristics are the special qualities or features that make someone or something different from others.
Parents	Any people who raise you and take care of you as if they were your mother and father.
Making love	To have sexual intercourse.
Having sex	To have sexual intercourse.
Sexual Intercourse	To have intimate physical contact with another person.
Fertilise	To make it capable of producing offspring or to make it more productive.
Conception	The fertilisation of an egg by a sperm, resulting in the beginning of pregnancy.
Menstruation	When a girl's body gets ready to have a baby. If she doesn't get pregnant, the blood and tissue leave her body through her vagina. This happens about once a month and is called a period.
Periods	A period is when blood and tissue leave the body through the vagina. This happens once a month, usually for a few days.
Circle	A circle is a round shape with no corners or edges.
Season	A season is one of the four periods of the year, each with its own typical weather conditions.
Change	When something becomes different.
Control	Being able to choose what happens.
Emotions	A feeling or affection of the mind.
Acceptance	Is agreeing with things, even if they are not perfect.

Key Skills

- I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older
- I can explain some of the choices that I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.

Kaleidoscope PSHE Curriculum

Learning Organiser for Year 5

Changing Me

Prior Learning

- I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older
- I can explain some of the choices that I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen

Key Vocabulary	Definitions
Body Image	The way a person thinks and feels about their body.
Self-image	Is the way you see yourself.
Looks	The physical appearance of a person or thing.
Personality	The distinctive character or individuality of a person.
Perception	A way of understanding something.
Self-esteem	The overall opinion we have of ourselves.
Affirmation	A positive statement that can be repeated to help people feel good about themselves and their abilities.
Comparison	To look at two or more things and see how they are alike and different.
Oestrogen	One of the main female hormones.
Fallopian tube	Two thin tubes that connect the ovaries to the uterus.
Cervix	The narrow part of the uterus (womb) that opens into the vagina.
Develops	To grow bigger and stronger or to learn new skills and knowledge.
Breasts	Two soft, rounded parts on a woman's chest.
Hips	The parts of the body where the legs connect to the waist.
Adams Apple	The lump in the front of the neck, below the throat.
Scrotum	The pouch of skin that hangs below the penis.
Genitals	The external sexual organs of a person or animal, especially the penis and testicles in a male or the vagina and vulva in a female.
Hair	The thin, flexible threads that grow on different parts of the body.
Broader	Broader means bigger or wider.
Wider	Wider means that something is bigger from side to side.
Semen	A bodily fluid that contains sperm cells.
Erection	A distended and rigid state of an organ.
Ejaculation	The sudden or spontaneous discharging of a fluid.
Urethra	A tube that carries urine from the bladder to the outside of the body. In males, it also carries semen.
Wet dream	Am ejaculation of semen during sleep.
Growth spurt	When your body grows very quickly.
Larynx	A small, tube-shaped organ in your neck that helps you make sound.
Facial hair	The hair that grows on a person's face.
Pubic hair	The hair that grows on the body in the area around the genitals.
Hormones	Special chemicals that your body makes to help it do certain things, like grow up, eat, and sleep.

Scrotum	The pouch of skin that hangs below the penis.
Testosterone	a hormone that is made in the bodies of both boys and girls, but it is made in much higher levels in boys.
Circumcised	A medical procedure where the foreskin, the skin that covers the tip of the penis, is removed.
Uncircumcised	the foreskin, a thin piece of skin that covers the tip of the penis, has not been removed.
Foreskin	A thin piece of skin that covers the tip of the penis.
Epididymis	A thin, coiled tube that sits on top of the testicle.
Fertilised	To make something able to produce offspring.
Unfertilised	Not having been joined with sperm to produce offspring.
Conception	The fertilisation of an egg by a sperm, resulting in the beginning of pregnancy.
Sexual intercourse	To have intimate physical contact with another person.
Embryo	A fertilized egg that is growing and changing into a living being.
Umbilical cord	A thick, long cord that connects a baby to its mother in the womb for oxygen and nutrients.
IVF	In vitro fertilization - a medical procedure that helps people to get pregnant.
Foetus	A human baby from eight weeks after conception until birth.
Contraception	A way to prevent pregnancy.
Pregnancy	The period of time when a woman is carrying a baby in her womb.
Sanitary products	Items used to maintain hygiene and cleanliness.
Tampon	A small, cylindrical plug of absorbent material that is inserted into the vagina to absorb menstrual blood.
Pad	An item made of absorbent material worn, inside the underpants, by a woman to absorb menstrual blood.
Towel	A pad of thick soft material which women wear to absorb the blood during menstruation.
Liner	A very thin pad that is worn inside a woman's underwear in order to protect them from stains.
Hygiene	The practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases.
Age appropriateness	Suitable for the age of the person or people involved.
Legal	Connected with or allowed by law.
Laws	Rules that everyone has to follow. They are made by the government and enforced by the police and the courts.
Responsible	Able to be trusted to do something or to behave in a particular way.
Teenager	A young person between the ages of 13 and 19.
Rights	A moral or legal entitlement to have or do something.
Responsibilities	Something that you are expected to do or be in charge of.
Key Skills	
- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception - I can express how I feel about the changes that will happen to me during puberty and that I accept these changes might happen at different times to my friends	



Kaleidoscope PSHE Curriculum
Learning Organiser for Year 6
Changing Me

Prior Learning

- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception
- I can express how I feel about the changes that will happen to me during puberty and that I accept these changes might happen at different times to my friends

Key Vocabulary	Definitions
Negative body-talk	To describe negative comments about one's body or appearance.
Mental health	How people feel and think. When you are mentally healthy, you are able to cope with stress, have positive relationships, and enjoy life.
Midwife	A special nurse who helps women have babies.
Labour	The process of giving birth to a baby.
Opportunities	Chances to do something that you want to do or have to do.
Freedoms	The things that people are allowed to do without being told what to do.
Attraction	A feeling of liking or liking someone or something.
Relationship	The way two or more people are connected to each other.
Love	A feeling of strong affection and care for another person.
Sexting	The sending of sexually explicit messages, photos, or videos through text message or other electronic means.
Transition	A change from one thing to another.
Secondary	Coming after or following something else.
Journey	A journey is a trip from one place to another.
Worries	Thoughts that make people feel scared or nervous.
Anxiety	A feeling of worry or fear.
Excitement	A feeling of being very happy and enthusiastic about something.

Key Skills

- Describe how a baby develops from conception through the nine months of pregnancy and how it is born.
- Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby,