

**Emotional Vocabulary to be taught during your Well-being Lessons (2018-2019)**

	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Happy</b>	cheerful	amused	relieved	satisfied	upbeat	Ecstatic/ jubilant	Triumphant/fulfilled
<b>Guilt/shame</b>	embarrassed	guilty	shame	forgiving	ashamed	Regret/accountable	Remorse/scapegoat
<b>Empathy</b>	caring	polite	generous	thoughtful	considerate	Sympathy/empathetic	Compassion/altruistic
<b>Motivated</b>	curious	energetic	engaged	motivated	determined	Committed/persistent	Passionate/inspired
<b>Empowered</b>	brave	courageous	bold	Self-esteem	Assertive	Competent/empowered	Secure/invincible
<b>Excluded</b>	lonely	Left out	bullied	rejected	excluded	Prejudiced/segregated	Alienated/discriminated
<b>calm</b>	relaxed	carefree	peaceful	soothed	mellow	Content/serene	Contemplative/tranquil

These words are to be taught as part of the Well-being lessons (See scheme of work)

Each Year group will have specific lessons where language is taught. You can teach the children more language however you must teach and explain the words relevant for your year group as well.