

*Be more self-aware*

### Vocabulary Progression Grid

	Early Years	1	2	3	4	5	6
Positive Relationships	Share Love Friends Care Play Fun	Friendships Belong Safe Kind Help Listen	Support Team Relationships Helpful Laughter Together Family	Caring Feelings Playing Supportive Patience Belonging Kindness	Honest Choices Trust Accept Comfort Community Cooperation Fair	Open Closeness Emotions Nurture Equal Enemy Respect Selfless Consideration	Confidence Encourage Equality Positive Tolerance Negotiation Compliments Patience Empathy
Self-Confidence	Happy Sad Good Bad	Learning Believe Important Brave	Proud Belief Difficult Nervous Trust Try	Achieve Independent Attitude Unsure Courage Success Explore Pride	Common sense Determination Challenging Pressure Awesome Independence Personal best Achievement	Timescales Mind chatter Limiting beliefs Confident Resilience Self-esteem Body Language Arrogance Determination. Reflection	Positive Negative Self-talk Confidence Initiative Inner Belief Accomplishment Optimism Poise Posture Perseverance
Support	Think	Giving Strengths	Team Guide	Include Teamwork	Comfort Thoughtfulness	Model Assist	Aid Compassion Reassurance
Achievement and Success	Excited	Plan Hope Hard work	Celebrate Effort Winning Losing	Goals Steps Practise Challenge Fail	Succeed Possible Impossible Failure Targets	Frustrated Development Control Relief	Humble Humility Motivation. Frustration

Coping Skills	Sharing Talk	Worried Upset	Confused Calm Bravery Time	Understand Deal with Carry on Cope	Manage Facial expression Coping	Grit Can-do Standing tall	Persevere Persist Breathing Relaxation
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