

BEING HUMAN OVERVIEW

EYFS

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
happy	content	shy	sad	jealous	friendly
angry	nervous	regret	invisible	disappointed	excited
brave	scared	energised	confused	surprised	embarrassed

Year 1

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
calm	grateful	scared	lazy	trust	compassion
enraged	frustrated	content	inspired	uncertain	thrilled
guilty	tranquil	confident	brave	fitting in	proud

Year 2

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
joy	grateful	anxious	invigorated	jealous	compassion
disgust	dread	jubilant	thrilled	disappointed	shy
courage	frustrated	peaceful	panic	fitting in	exhilarated

Year 3

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
cheerful	love	connection	invigorated	lonely	compassion
curious	regret	gloomy	joy	shy	belong
disgust	heartbreak	proud	jubilant	brave	thrilled
hatred	invisible	grateful	down	trust	inspired
anxious	shame	stress	surprise	fitting in	humble
panic	jealous	confident	tense	uncertain	exhilarated

Year 4

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
content	belong	connection	gloomy	boundaries	compassion
curious	uncertain	insecure	perfectionism	lonely	focused
enraged	shame	proud	empowered	heartbreak	inspired
perplexed	invisible	grateful	anxious	trust	tense
self-trust	dehumanised	stress	bored	fitting in	frustrated
dread	disgust	relaxed	surprised	defensive	embarrassed

Year 5

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
courage	belong	vulnerable	play	nostalgia	compassion
curious	lonely	insecure	empowered	freudenfreude	connection
enraged	anguish	calm	perfectionism	boundaries	inspired
resentment	invisible	grateful	bittersweet	trust	envy
dread	dehumanised	tense	shame	fitting in	humble
overwhelmed	betrayal	tranquil	grief	defensive	ecstatic

Year 6

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
courage	belong	vulnerable	play	nostalgia	empowered
curious	insecure	perfectionism	guilt	freudenfreude	connection
enraged	shame	calm	awe	boundaries	proud
resentment	compassion	grateful	bittersweet	trust	envy
overwhelmed	dehumanised	humiliated	dumbfounded	fitting in	humble
anguish	disgust	tranquil	grief	schadenfreude	content