

# Glossary of Terms

This Glossary will help you to understand the meaning of some of the terms you'll find in **Life to the Full** sessions. Words often have shades of meaning depending on their context and this document serves to share with you the meanings we've intended. As such, the definitions are written as if for children, with the meanings that should be evident to them through the sessions. You might like to refer back to this Glossary throughout the programme, to help you explain anything that children need reminding of.

The same word may be explained to children slightly differently depending on their age, so we've split this Glossary into Key Stages to show age-appropriate definitions. This is the Glossary for **Early Years Foundation Stage**.

Term	What we mean by this
<b>A</b>	
<b>Appropriate behaviour</b>	Things that you do that are right or OK in the time and place that you're doing them.
<b>B</b>	
<b>Balanced diet</b>	Eating healthy foods, including lots of fruit and vegetables and not too many sweet things.
<b>C</b>	
<b>Community</b>	A group or people with something in common, for example, belonging to the same family, going to the same school, living in the same area or liking the same things.
<b>Compassion</b>	Caring for others and feeling loving towards them
<b>Consequences</b>	When we do something, our actions may affect other people or other things. These effects are called consequences.



<b>Created by God</b>	We believe that God made the world, including you and me. He is the source of all life.
<b>Creation</b>	All that there is: our world, space and everything in it. All that we can see and all that we can't see: God created everything!
<b>D</b>	
<b>Dignity</b>	Because we are made by God, each of us has dignity and deserves to be treated with respect.
<b>E</b>	
<b>Emergency</b>	Something that happens which is serious, unexpected, and quite probably dangerous. Grown-ups need to deal with it straightaway.
<b>Emergency services</b>	Police, Firefighters and Paramedics (Ambulance Service)
<b>Exercise</b>	Moving about a lot to keep our bodies fit and healthy.
<b>F</b>	
<b>Forgiveness</b>	Trying to forget about the bad thing that someone has done to you and not using it against them in the future. Not letting it get in the way of your friendship.
<b>G</b>	
<b>Germ</b>	Tiny (too small to see) living things that live on our bodies and that can make us unwell if they get inside us. That's why we have to wash our hands carefully, especially before we eat.
<b>Gifts</b>	Gifts and talents are things that we can do well and that we enjoy doing. God, who made us, gives us each gifts that make us special and different from one another.
<b>God the Father</b>	Created the world and everything in it, including us.



<b>God the Holy Spirit</b>	The Holy Spirit comes very close to us and helps us to live a good life.
<b>God the Son (Jesus)</b>	Jesus is God the Father's Son. He came to earth to do some very special jobs.
<b>Made in God's Image</b>	We're made by God to love Him and to love others, just like He loves all things.
<b>Gospel</b>	The books in the Bible that tell us about Jesus' life on Earth. There are four of them. They are written by Matthew, Mark, Luke and John.
<b>Gratitude</b>	Noticing when someone does something for us and saying 'thank you'. Noticing good things that happen in our lives and being glad.
<b>I</b>	
<b>Inappropriate behaviour</b>	Things that you do that are not right or OK in the time and place that you're doing them.
<b>L</b>	
<b>Life Cycles</b>	Everyone goes through the same stages of life. We are born and start our lives as babies, grow into children, then teenagers, adults and, eventually, elderly adults.
<b>M</b>	
<b>Medicine</b>	Drugs that make us feel better when we're ill, but only if we take them in the way the doctor tells us to. Drugs are things that change the way our body works for a time.
<b>O</b>	
<b>being Online / time Online</b>	Time that you spend playing or looking at things on a the internet.

P	
<b>P.A.N.T.S.</b>	This stands for - <b>P</b> rivates are private. <b>A</b> lways remember your body belongs to you. <b>N</b> o means no. <b>T</b> alk about secrets that upset you. <b>S</b> peak up, someone can help (used with permission from the NSPCC).
<b>Passive smoking</b>	Breathing in other people's smoke from their cigarettes. This might happen because you are in a car or a room with someone who is smoking.
<b>Personal hygiene</b>	Keeping ourselves clean by brushing our teeth twice a day, flushing the toilet after using it, washing our hands regularly and always before eating and after using the toilet, washing our bodies and clothes regularly and brushing our hair.
<b>Prayer</b>	Talking to God. Sometimes with others, or in church, but sometimes just by yourself and in your own words.
<b>Private parts</b>	Parts of our body that are private. No one should ask to see or touch them apart from sometimes a doctor or a trusted adult. We keep these parts covered when we are with others. They are the parts that are covered by our swimming costumes.
R	
<b>Respect</b>	Treating other people kindly and fairly because you think they deserve it or because you think it's the right thing to do.
<b>Responsibilities</b>	A duty: a special job that you have to do. Responsibilities can also be the ways you're expected to behave when you're in a certain place. Being responsible means thinking of the other people around us.
<b>Role Model</b>	Someone who behaves in a way that is good for us to copy. Jesus is a great role model.
S	
<b>Skills</b>	Skills are things that we can learn and get better and better at.



<b>Special people</b>	People – usually adults – whom you trust and would feel comfortable talking to about anything at all, including things that are upsetting.
<b>T</b>	
<b>Trinity</b>	God is one God, but He has three persons. God the Father, God the Son (Jesus) and God the Holy Spirit.
<b>U</b>	
<b>Unique</b>	We are all different, but all special. The most important thing that makes us special is that we are God’s children, whom He loves. God made <b>only one of us</b> and that makes us special and unique.
<b>V</b>	
<b>Virtues</b>	Trying to do good and to act kindly towards others all the time.