

Jigsaw the Mindful Approach to PSHE

Curriculum Content and Progression of Knowledge and Skills for Puzzle 5: Relationships

Year Group	Lesson	Knowledge	Skills
R	Piece 1 My Family and Me!	To identify some of the jobs they do in their family and know that they belong to their family.	To know what belonging to a family feels like.
R	Piece 2 Make Friends, Make Friends, Never Ever Break Friends (1)	To know how to make friends to stop themselves from feeling lonely.	To use simple strategies to make friends.
R	Piece 3 Make Friends, Make Friends, Never Ever Break Friends (2)	To know how they can stay friends.	To think of ways to solve problems and stay friends.
R	Piece 4 Falling out and Bullying (1)	To begin to understand the impact of unkind words.	To use kind words.
R	Piece 5 Falling out and Bullying (2)	To understand why they need to manage their feelings.	To use 'Calm Me' time to help manage their feelings.
R	Piece 6 Being the Best Friends we can be	To know how to be a good friend.	To practice strategies on how to be a good friend.

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1	Piece 1 Families	To identify the members of my family and understand that there are lots of different types of families.	To know how it feels to belong to a family and care about the people who are important to me.
1	Piece 2 Making Friends	To identify what being a good friend means to themselves.	To Know how to make a new friend.
1	Piece 3 Greetings	To know appropriate ways of physical contact to greet their friends and know which ways they prefer.	To recognise which forms of physical contact are acceptable and unacceptable to them.
1	Piece 4 People Who Help Us	To know who can help them in their school community.	To know when they need help and know how to ask for it.
1	Piece 5 Being My Own Best friend	To recognise their qualities as a person and a friend.	To know ways to praise themselves.
1	Piece 6 My Special Relationships	To acknowledge why they appreciate someone who is special to them.	To express how they feel about someone special to them.

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2	Piece 1 Families	To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.	To accept that everyone's family is different and understand that most people value their family.
2	Piece 2 Keeping Safe – exploring physical contact	To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.	To know which types of physical contact they like and don't like and talk about this.
2	Piece 3 Friends and Conflict	To identify some of the things that cause conflict with their friends.	To demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.
2	Piece 4 Secrets	To identify some of the things that can cause conflict with their friends.	To know how it feels to keep a secret they do not want to keep and know who to talk to about this.
2	Piece 5 Trust and Appreciation	To recognise and appreciate people who can help them in their family, school and community.	To understand how it feels to trust someone.
2	Piece 6 Celebrating my Special Relationships	To know how to express their appreciation for the people in their special relationships.	To be comfortable in accepting appreciation from others.

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3	Piece 1 Family Roles & Responsibilities	To identify the roles and responsibilities of each member of their family. To know the expectations of males and females in their family.	To reflect on the expectations of males and females in their family. To describe how taking on some responsibility in their family makes them feel.
	Piece 2 Friendship	To know some friendship skills e.g. taking turns, being a good listener.	To put into practice some friendship skills. To know how to negotiate in conflict situations to try and find a win-win solution.
3	Piece 3 Keeping Myself Safe Online	To know some strategies for keeping themselves safe online. To know who to ask for help from if they are worried or concerned about anything online.	To use some strategies for keeping themselves safe online. To ask for help if they are worried or concerned about anything online.
3	Piece 4 Being a Global Citizen (1)	To explain how the actions and work of people around the world help and influence their lives.	To show awareness of this influence and how it could affect their choices.
3	Piece 5 Being a Global Citizen (2)	To understand how my needs and rights are shared by children around the world and can identify how their lives may be different.	To empathise with children whose lives are different to theirs and appreciate what they might learn from them.
3	Piece 6 Celebrating My Web of Relationships	To know how to express my appreciation to their friends and family.	To enjoy being part of a family and friendship groups.

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4	Piece 1 Jealousy	To recognise situations which can cause jealousy in relationships.	To identify the feelings associated with jealousy and suggest strategies to problem-solve when this happens.
4	Piece 2 Love and Loss	To identify someone they love and express why they are special to them.	To be aware of how many people feel when they lose someone or something they love.
4	Piece 3 Memories Memory Box	To understand that they can remember people even if we no longer see them.	To talk about someone they know that they no longer see.
4	Piece 4 Getting on and Falling Out	To recognise how friendships change, know how to make new friends and how to manage when they fall out with friends.	To know how to stand up for themselves and how to negotiate and compromise.
4	Piece 5 Girlfriends and Boyfriends	To understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when they are older.	To understand that boyfriend/girlfriend relationships are personal and special and that there is no need to feel pressurised into having a boyfriend/girlfriend.
4	Piece 6 Celebrating my Relationships with People and Animals	To know how to show love and appreciation to people and animals who are special to them.	To express love and receive love.

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5	Piece 1 Recognising Me	To have an accurate picture of who they are as individual people in terms of their characteristics and personal qualities.	To know how to keep building their own self-esteem.
5	Piece 2 Safety with Online Communities	To understand that they belong to an online community that can have positive and negative consequences.	To recognise when an online community feels unsafe or uncomfortable.
5	Piece 3 Being in an Online Community	To understand that there are rights and responsibilities in an online community or social network.	To recognise when an online community is helpful or unhelpful to me.
5	Piece 4 Online Gaming	To know there are rights and responsibilities when playing a game online.	To recognise when an online game is becoming unhelpful or unsafe.
5	Piece 5 My Relationship with Technology: Screen Time	To recognise when they are spending too much time using devices (screen time).	To identify things they can do to reduce screen time so their health isn't affected.
5	Piece 6 Relationships & Technology	To explain how to stay safe when using technology to communicate with my friends.	To recognise and resist pressures to use technology in ways that may be risky or may cause harm to themselves or others.

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6	Piece 1 What is Mental Health?	To know that it is important to take care of my mental health.	To understand that people can get problems with their mental health and that it is nothing to be ashamed of.
6	Piece 2 My Mental Health	To know how to take care of their mental health.	To know ways to help themselves and others when worried about a mental health problem.
6	Piece 3 Love and Loss	To understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	To recognise when they are feeling 'grief' emotions and use some strategies to manage them.
6	Piece 4 Power & Control	To recognise when people are trying to gain power or control.	To demonstrate ways that they could stand up for themselves and their friends in situations where others are trying to gain power or control.
6	Piece 5 Being Online: Real or Fake? Safe or Unsafe?	To judge whether something online is safe and helpful for me.	To resist pressure to do something online that might hurt myself or others.
6	Piece 6 Using Technology Responsibly	To use technology positively and safely to communicate with their friends and family.	To take responsibility for my own safety and well-being.

