

Jigsaw the Mindful Approach to PSHE Curriculum Content and Progression of Knowledge and Skills for Puzzle 2: Celebrating Difference			
Year Group	Lesson	Knowledge	Skills
R	Piece 1 What am I Good at?	To understand everyone is good at different things.	To identify something that they are good at.
R	Piece 2 I'm Special, I'm Me!	To understand that being different makes us all special.	To identify things that are different about themselves and others that make them special.
R	Piece 3 Families	To understand that they are all different but the same in some ways.	To identify ways that they are different but the same.
R	Piece 4 Houses and Homes	To understand the reasons why their home is special to them.	To describe and explain why they think their home is special to them.
R	Piece 5 Making Friends	To understand how to be a kind friend.	To describe and explain how they could be kind to a friend.
R	Piece 6 Standing Up for Yourself	To understand what words they could say to stand up for themselves when someone says or does something unkind.	To practice using words to stand up for themselves in role-play scenarios and/or with Puppets.

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1	Piece 1 The Same as ...	To identify similarities between the people in their class.	To understand some ways in which they are the same as their friends. To develop and practice good manners and respectful interactions with peers.
1	Piece 2 Different from ...	To identify differences between the people in their class.	To understand some ways in which they are the different from their friends. To develop and practice good manners and respectful interactions with peers.
1	Piece 3 What is Bullying?	To understand what bullying is. To understand how lonely someone may feel when excluded or bullied.	To understand how being bullied might feel. To understand how they can seek help and who is a safe person to ask for support.
1	Piece 4 What do I do about Bullying?	To understand who they could talk to if they feel unhappy or bullied.	To identify who to talk to when if they feel unhappy or bullied. To be kind to children who are bullied.
1	Piece 5 Making New Friends	To know how it feels to make a new friend.	To know how to make new friends.
1	Piece 6 Celebrating the difference; Celebrating Me!	To understand their differences make them unique and different from their friends.	To describe and explain ways that I am different from my friends.

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2	Piece 1 Assumptions	To begin to understand that sometimes people make assumptions about boys and girls. (Stereotypes) To understand that everyone should be free to enjoy different activities regardless of their gender.	To recognise some ways in which boys and girls are similar and feel good about this.
2	Piece 2 Stereotypes	To begin to understand that sometimes people make assumptions about boys and girls. (Stereotypes) To understand the importance of self-respect and courtesy and how that helps children to be kinder.	To recognise some ways in which boys and girls are different and accept that this is okay.
2 -Added scenarios: Name respect, food & cultural differences.	Piece 3 Why Does Bullying Happen?	To understand that sometimes bullying is about difference.	To recognise how someone who is bullied feels. To know how to be kind to children who are bullied.
2	Piece 4 Standing Up for Myself and Others.	To recognise what is right and wrong and know how to look after myself. To know what to do when seeing or experiencing bullying.	To know when and how to stand up for themselves and others. To know how to get help if they are being bullied.
2 -Enhanced focus on diversity beyond gender.	Piece 5 We're all different (Renamed)	To understand that it is ok to be different from other people and to be friends with them.	To understand that they shouldn't judge people if they are different. To know how it feels to be a friend and have a friend.
2 -Enhanced friendship repair strategies.	Piece 6 Celebrating Difference and Still being Friends	To describe ways that I am different from my friends.	To understand these differences make them unique and special.

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3 -Enhanced content on help-seeking when lonely or left out.	Piece 1 Families	To understand that everybody's family is different and important to them.	To appreciate their family / people who care for them.
3 -Added content on adult conflict not being children's responsibility.	Piece 2 Family Conflict	To understand that differences and conflicts sometimes happen among family members. To understand who to talk to if worried.	To know how to calm myself down and can use the 'Solve it Together' technique. To distinguish between conflicts children can solve and those requiring adult help.
3	Piece 3 Witness and Feelings	To understand what it means to be a witness to bullying. To know that Bullying can be disguised by some as 'fun' or 'banter'.	To know some ways of helping to make someone who is bullied feel better. To tell a safe adult about unsafe or worrying language.
3	Piece 4 Witness and Solutions	To know that witnesses can make the situation better or worse by what they do. To begin to distinguish bullying, unkindness and conflict.	To problem-solve a bullying situation with others. To understand and start to use conflict resolution strategies.
3	Piece 5 Words that Harm	To recognise that some words are used in hurtful ways. To recognise that name calling and exclusion lead to loneliness, isolation and not belonging.	To work hard at not using hurtful/unkind words, (e.g. fat, gay) To keep asking for help and seeking another safe adult if they feel unheard.
3	Piece 6 Celebrating Difference: Compliments	To share about a time when their words affected someone's feelings and describe what the consequences were.	To give and receive compliments and know how this feels.

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4	Piece 1 Judging by Appearances	To understand that sometimes we make assumptions based on what people look like. To understand that assumptions can lead to bullying.	To try accept people for who they are. To treat all people fairly.
4	Piece 2 Understanding Influences	To understand what influences me to make assumptions based on how people look. To understand how media, news and online sources shape thinking	To question why I think what I do about other people. To recognise that the messages received may not be the fully story.
4	Piece 3 Understanding Bullying	To know that sometimes bullying is hard to spot. To understand what to do if they think it is going on but they are not sure.	To know how it might feel to be a witness to and a target of bullying.
4	Piece 4 Problem-Solving	To understand why witnesses sometimes join in with bullying and sometimes don't tell. To understand that talking to safe adults, sharing concerns help keep everyone safer rather than keeping secrets.	To know how to problem-solve a bullying situation with others. To recognise uncomfortable feelings and emotional responses online as signals that something isn't right.
4 Enhanced content: describing others with kindness and respect	Piece 5 Special Me: Frames	To identify what is special about themselves and value the ways in which they are unique.	To accept, like and respect the unique features of their physical appearance.
4	Piece 6 Celebrating Difference: How we Look	To identify a time when their first impression of someone changed when they had got to know them. To notice how experiences of change affect feelings and behaviour.	To understand and explain why it is good to accept people for who they are.

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5	Piece 1 Different Cultures	To understand that cultural differences sometimes cause conflict. To understand that assumptions and stereotypes about cultures can cause unfairness or hurt feelings.	To gain an understanding of their own culture.
5	Piece 2 Racism	To understand what Racism is. To identity and cultural factors that might cause racism or unfair treatment.	To show awareness of their attitude towards people from different races, cultures and ethnicities. To challenge racism through kindness, curiosity, and inclusion.
5 -Added Bullying Focus Cards	Piece 3 Rumours & Name-calling	To understand how rumour-spreading and name calling can be bullying behaviours. To understand various types of bullying relating to some of the Protected Characteristics.	To develop a range of strategies for managing their feelings in bullying situations and for problem-solving when they are in a bullying situation.
5	Piece 4 Types of Bullying	To understand and explain the difference between direct and indirect types of bullying.	To develop some ways to encourage children who use bullying behaviours to make other choices. To know how to support children who are being bullied.
5	Piece 5 Does Money Matter Culture Displays	To compare their lives with people in the developing world.	To know and appreciate the value of happiness regardless of material wealth.
5	Piece 6 Celebrating Difference across the World	To understand a different culture from my own.	To respect our own and other people's cultures. To focus on potential unfair treatment, types of bullying, and welcoming actions for newcomers.

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6 Sets discrimination in context of protected characteristics under UK law	Piece 1 Am I Normal?	To understand that there are different perceptions about what normal means.	To empathise with people who are different.
6 Focus on Travelling Showmen and GRT Communities protected under Equality Act.	Piece 2 Understanding Difference	To understand how being different could affect someone's life.	To be aware of their attitude towards people who are different. To challenge stereotypes, racism and unkind behaviours.
6	Piece 3 Power Struggles	To explain some ways in which one person or a group can have power over another.	To know how it can feel to be excluded or treated badly by being different in some way.
6	Piece 4 Why Bully?	To know some of the reasons why people use bullying behaviours. To understand the feelings for all in bullying situations.	To describe a range of strategies for managing their feelings in bullying situations and for problem-solving when they are part of a bullying situation.
6	Piece 5 Celebrating Difference Admiration Accolades	To understand and explain ways in which difference can be a source of for celebration. (Give examples of people with disabilities who lead amazing lives e.g. a Para Olympian.)	To appreciate people for who they are.
6 Replaced content with protected characteristics card activity exploring race, culture, religion, disability, and age	Piece 6 Celebrating Difference	To explain ways in which difference can be a source of conflict and a cause for celebration. To promote equality to ensure school is safe, inclusive and valued for everyone.	To show empathy with people in either situation.