Jigsaw Knowledge and skills progression: Relationships Ages 3-11

Ages 10-11

Puzzle overview: Relationships	
In this Puzzle, children explore mental health, learning how to recognise stress, anxiety and early warning signs, and how to seek support for themselves and others. They examine love and loss, understanding grief and developing strategies for managing strong emotions. Across the six lessons, children learn about power and control in relationships, practise assertive responses, and explore how to stay safe online, including judging what is real or fake and resisting pressure.	
Knowledge	**Social and emotional skills**
• I know that it is important to take care of my mental health • I know how to take care of my mental health • I understand there are different stages of grief and that there are different types of loss that cause people to grieve • I can recognise when people are trying to gain power or control • I can judge whether something online is safe and helpful to me • I can use technology positively and safely to communicate with my friends and family	• I can understand that people can get problems with their mental health and that it is nothing to be ashamed of • I can help myself and others when worried about a mental health problem • I can recognise when I am feeling those emotions and have strategies to manage them • I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control • I can resist pressure to do something online that might hurt myself or others • I can take responsibility for my own safety and well-being
Vocabulary	
age restrictions, AI (artificial intelligence), anxiety, ashamed, assertive, authority, bullying, communication, consent, control, courtesy, digital rights, early warning signs, emotions, feelings, grief, influences, isolation, loneliness, mental health, personal data, power, pressure, privacy, real / fake, respect, risks, safety, self-care, self-control, signs, stigma, strategies, stress, support, targeting, technology, true / untrue, warning	

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

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Supporting 'Relationships' Puzzle at home: A Guide for Families

Ages 10-11

Talking Together: suggested questions to support Relationships learning at home		
Mental health, self-care and wellbeing • What things help you look after your mental wellbeing? • Why is it important to talk about mental health openly? • Who can you talk to if you feel worried or low?	**Stress, anxiety and early warning signs** • What does stress or anxiety feel like in your body? • What early warning signs can help you notice when you need support? • What strategies help you feel calmer?	**Grief, loss and managing emotions** • What does loss mean, and how might people feel when they experience it? • Why do people grieve in different ways? • What can help someone cope with grief?
Power, control and assertiveness • Why might someone try to control or pressure you? • How can you stand up for yourself respectfully? • Who can help if you feel unsafe or uncomfortable?	**Online safety and digital responsibility** • How can you tell if something online is real or fake? • What should you do if you see something upsetting online? • What tips do you know to help you use technology safely and positively?	**Support, responsibility and seeking help** • Why is it important to ask for help when you need it? • Who are trusted adults you can talk to? • What does taking responsibility for your wellbeing mean?
Resources and additional support for Families		
• YoungMinds – support for children's mental health and emotional wellbeing • NSPCC – advice for families on safety, relationships, pressure and online risks • NHS Every Mind Matters – advice on managing stress, anxiety and wellbeing • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Relationships theme.		
School-based and local resources (editable box for teachers):		

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