# Jigsaw Knowledge and skills progression: Relationships Ages 3-11

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the Relationships Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

<table>
<tr><td rowspan="5">Ages 8-9</td><td colspan="2">Puzzle overview: Relationships</td></tr>
<tr><td colspan="2">In this Puzzle, children explore feelings such as jealousy, love and loss, and learn how memories can help us stay connected to people we no longer see. They develop strategies for managing difficult emotions and supporting others through change. Across the six lessons, children practise negotiating, compromising and repairing friendships, and reflect on what makes healthy relationships. They consider early ideas about romantic relationships and learn not to feel pressured.</td></tr>
<tr><td>Knowledge</td><td>Social and emotional skills</td></tr>
<tr><td>• I can recognise situations which can cause jealousy in relationships<br>• I can identify someone I love and can express why they are special to me<br>• I can tell you about someone I know that I no longer see<br>• I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends<br>• I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older<br>• I know how to show love and appreciation to the people and animals who are special to me</td><td>• I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens<br>• I know how most people feel when they lose someone or something they love<br>• I understand that we can remember people even if we no longer see them<br>• I know how to stand up for myself and how to negotiate and compromise<br>• I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend<br>• I can love and be loved</td></tr>
<tr><td colspan="2">Vocabulary</td></tr>
<tr><td colspan="2">anger, appreciation, attraction, betrayal, boyfriend, care, close, comfortable, compromise, conflict, critical thinking, emotions, empathy, envy, friendships, girlfriend, jealousy, lonely / loneliness, loss, love, loyalty, manage, memories, memento, negotiate, negative, personal, positive, pressure, problem-solve, reality, relationship, remember, souvenir, special, support, symbol, trust, vulnerable</td></tr>
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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

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**Ages 8-9**

| Talking Together: suggested questions to support Relationships learning at home | | |
|---|---|---|
| **Jealousy and friendship emotions**<br>• What situations might make someone feel jealous?<br>• How can jealousy affect friendships?<br>• What can you do if you notice jealous feelings? | **Love and appreciation**<br>• What makes someone special to you?<br>• How can you show care and appreciation to others?<br>• How does it feel to give and receive love? | **Loss, memories and staying connected**<br>• How might someone feel when they no longer see someone they care about?<br>• What can help us remember special people?<br>• Why are memories important? |
| **Friendship changes, conflict and repair**<br>• Why do friendships sometimes change?<br>• What can you do if you fall out with a friend?<br>• What does it mean to compromise?<br>• How can negotiation help solve conflicts fairly? | **Standing up to pressure and healthy boundaries**<br>• What does it mean to stand up for yourself?<br>• How can you respond if you feel pressured?<br>• Who can you talk to if you feel uncomfortable? | **Relationships and respect**<br>• What does it mean for a relationship to be important or special?<br>• What makes any relationship healthy and respectful?<br>• Why is it important to respect other people's choices? |
| **Resources and additional support for Families** | | |
| • NSPCC – advice for families on boundaries, secrets, safety and relationships<br>• Child Bereavement UK – support and advice about helping children cope with loss<br>• 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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