Jigsaw Knowledge and skills progression: Relationships Ages 3-11

Ages 6-7

Puzzle overview: Relationships	
In this Puzzle, children explore different types of families and learn why cooperation and care are important in relationships. They develop understanding about safe and unsafe physical contact and practise expressing what feels comfortable to them. Across the six lessons, children learn how to manage friendship conflicts, recognise the difference between good and worrying secrets, and identify trusted adults who can help them. They reflect on trust, honesty and appreciation in relationships.	
Knowledge	**Social and emotional skills**
• I can identify the members of my family, understand my relationship with each of them and know why it is important to share and cooperate • I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not • I can identify some of the things that cause conflict with my friends • I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret • I recognise and appreciate people who can help me in my family, my school and my community • I can express my appreciation for the people in my special relationships	• I accept that everyone's family is different and understand that most people value their family • I know which types of physical contact I like and don't like and can talk about this • I can demonstrate how to use the positive problem-solving technique to resolve conflicts • I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this • I understand how it feels to trust someone • I am comfortable accepting appreciation from others
Vocabulary	
acceptable, adult, appreciate, celebrate, communication, compliments, conflict, cooperate, different, dislike, diverse, family, frightened, friends, good secret, happy, honesty, hugs, important, like, likes/dislikes, negative, not acceptable, physical contact, point of view, positive, problem solving, relationship, reliability, sad, secret, special, stereotype, surprise, touch, trust, trustworthy, worry secret	

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

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.

Ages 6-7

Talking Together: suggested questions to support Relationships learning at home		
Families and caring relationships • Who are the important people in your family? • How do families work together to help each other? • Why is it important to share and cooperate at home?	**Safe and unsafe physical contact** • What types of touch feel comfortable to you? • Why is it important to respect other people's boundaries? • Who can you talk to if something makes you feel uncomfortable?	**Friendship, conflict and problem solving** • What kinds of things can cause disagreements between friends? • How can you solve a problem calmly? • What could you say if you have fallen out with a friend?
Secrets • What is the difference between a good secret and a worrying secret? • How might you feel if someone asks you to keep a secret that worries you? • Why is it important to always tell a trusted adult about worrying secrets?	**Trust and honesty** • What does it mean to trust someone? • Why is honesty important in relationships? • Who are the people you trust the most and why?	**Trusted adults and getting help** • When might you need to ask for help? • How can you ask for support if you feel worried or frightened about something? • Why is it important to speak to someone you trust?
Resources and additional support for families		
• NSPCC – advice for families on boundaries, secrets, safety and relationships • Kidscape Parent Advice – guidance, tips and advice to help children build healthy friendships and manage challenges within friendships • 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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