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.

Ages 3-5

Puzzle overview: Relationships

Children are introduced to the key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children also practise Jigsaw's Calm Me and how they can use this when feeling upset or angry.

Knowledge	Social and emotional skills
• I understand what a family is • I know that different people in a family have different responsibilities (jobs) • I understand some of the characteristics of healthy and safe friendships • I understand that friends sometimes fall out • I know some ways to mend a friendship • I understand that unkind words can never be taken back and they can hurt • I know how to use Jigsaw's Calm Me to help when feeling angry • I understand some reasons why others get angry	• I can identify what jobs they do in their family and those carried out by parents/carers and siblings • I can suggest ways to make a friend or help someone who is lonely • I understand there are different ways to mend a friendship • I can recognise what being angry feels like • I know how to use Calm Me when angry or upset

Vocabulary

angry, argue, calm, family, friend, feelings, jobs, lonely, relationships, upset

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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 3-5

Talking Together: suggested questions to support Relationships learning at home		
Families and caring relationships • Who is in your family? • How do families help and care for each other? • What do you like doing with your family?	**Making friends** • What makes someone a good friend? • How can you make a new friend? • What does being kind to friends look like?	**Looking after friendships** • Do friends always agree? • What can you do if you fall out with a friend? • How can you make things better again?
Kind words and hurt feelings • How do kind words make people feel? • How do unkind words make people feel? • Why is it important to think carefully about the words we use?	**Understanding feelings** • How does your body feel when you are… angry, upset or happy? • What might make someone feel angry, upset or angry? • How can you tell when someone else is upset?	**Calm Me and managing feelings** • What helps you feel calm? • Can you show me how you use Calm Me? • Who can help you when you have big feelings?
Resources and additional support for families		
• NSPCC - Early Years Resources – guidance and resources for families 'Look, Say, Single and Play' • BBC Tiny Happy People – resources to support emotional development and communication • 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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