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 5-6</td><td colspan="2">Puzzle overview: Relationships</td></tr>
<tr><td colspan="2">In this Puzzle, children explore families, friendships and what it means to belong and help others feel included. They learn how to make friends, solve problems and when to seek help or support. Across the six lessons, children practise appropriate ways to greet others, learn who can help them in their school community, and reflect on how to ask for support when they feel upset. They also build confidence by recognising their own qualities and learning how to praise themselves.</td></tr>
<tr><td>Knowledge</td><td>Social and emotional skills</td></tr>
<tr><td>• I can identify the members of my family and understand that there are lots of different types of families
• I can identify what being a good friend means to me
• I know appropriate ways of physical contact to greet my friends and know which ways I prefer
• I know who can help me in my school community
• I can recognise my qualities as a person and a friend
• I can tell you why I appreciate someone who is special to me</td><td>• I know how it feels to belong to a family and care about the people who are important to me
• I know how to make a new friend
• I can recognise which forms of physical contact are acceptable and unacceptable to me
• I know when I need help and know how to ask for it
• I know ways to praise myself
• I can express how I feel about them</td></tr>
<tr><td colspan="2">Vocabulary</td></tr>
<tr><td colspan="2">appreciate, belong, celebrate, community, confidence, different, dislike, family, feel, feelings, friendship, friends, greeting, help, helpful, incredible, kind, like, praise, proud, qualities, relationships, same, skills, special, texture, touch</td></tr>
</table>

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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 5-6

Talking Together: suggested questions to support Relationships learning at home		
Families and belonging • Who are the important people in your family? • How do families help us feel safe and cared for? • What makes you feel like you belong?	**Friendship and being a good friend** • What does being a good friend mean to you? • How can you help someone feel included? • What can you do if someone is lonely?	**Greeting others and personal boundaries** • Can you tell me some ways we can greet people politely? • What types of touch feel comfortable to you? e.g. holding hands, high five, linking arms, hugs • Why is it important to respect other people's boundaries?
Getting help at school • Who are the adults at school who help you? • When might you need to ask for help? • Why is it important to tell someone you trust if you feel worried about something?	**Recognising qualities and building confidence** • What are you good at? • How can you praise yourself for trying your best? • How do you feel when someone praises you?	**Appreciating others and expressing feelings** • Who is special to you and why? • How can you show someone you appreciate them? • How do you feel when someone is kind to you?
Resources and additional support for families		
• BBC Bitesize – resources about relationships including friendships, feelings and belonging • 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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