

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 **Dreams and Goals** 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 7-8	Puzzle overview: Dreams and Goals	
	In this Puzzle, children explore people who have overcome challenges and reflect on their own dreams and ambitions. They consider how goals, motivation and a positive attitude support success, and learn to respect differences and build self-esteem. Across the six Pieces, children break goals into steps, work collaboratively on new challenges and make responsible choices that support wellbeing and safety. They practise overcoming obstacles, managing frustration and helping others to succeed.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> I can tell you about a person who has faced difficult challenges and achieved success I can identify a dream / ambition that is important to me I enjoy facing new challenges. I'm working out the best ways need to achieve them I am motivated and enthusiastic about achieving a new challenge I can recognise obstacles which might hinder my achievements and can take steps to overcome them I can evaluate my own learning process and identify how it can be better next time 	<ul style="list-style-type: none"> I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability) I can imagine how I will feel when I achieve my dream / ambition I can break down a goal into a number of steps and know how others could help me to achieve it I know that I'm responsible for my own learning and can use my strengths as a learner to achieve the challenge I can manage the feelings of frustration that may arise when obstacles occur I am confident in sharing my success with others and can store my feelings in my internal treasure chest
	Vocabulary	
ambitions, challenge, challenges, community, design, differences, dream, dreams, enthusiastic, evaluate, frustration, future, garden, goal, goals, healthy, identity, include, learning, motivated, obstacles, outdoors, responsible, respect, review, safe choices, self-esteem, self-review, solution, strengths, success, team work, teamwork, wellbeing, water safety		

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.

Talking Together: suggested questions to support 'Dreams and Goals' learning at home			
Ages 7-8	Dreams and ambitions	Goals and taking steps	Motivation and a positive attitude
	<ul style="list-style-type: none"> Is there something you dream of doing? Can you think of someone who worked hard to achieve their dream? What do you admire about them? How do you think it will feel when you achieve something you've been working really hard towards? 	<ul style="list-style-type: none"> What is a goal you are working towards right now? How could you break your goal into smaller steps? Who could help you along the way and how? 	<ul style="list-style-type: none"> What keeps you motivated when something feels difficult? How does having a positive attitude help you when things get tough? Is there something you are feeling really enthusiastic about at the moment?
	Obstacles and frustration	Respecting differences and including others	Reflecting and sharing success
	<ul style="list-style-type: none"> Can you think of a time something got in the way of what you were trying to achieve? How did you overcome the obstacles that happened? What could you do next time you feel really frustrated to help yourself keep going? 	<ul style="list-style-type: none"> Do you know anyone who has overcome a big challenge to achieve something? Why is it important to respect and include people who are different from us? How can you help someone else reach their goals? 	<ul style="list-style-type: none"> When you finish something, do you think about what went well and what you'd do differently? How do you like to share your successes with others? What is something you are really proud of recently and who did you want to tell?
Resources and additional support for Families			
<ul style="list-style-type: none"> BBC Bitesize – inspiring stories of real people who faced obstacles and achieved their goals – great for discussing role models Childline – age-appropriate information to help children understand and manage big feelings like frustration and self-doubt Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Dreams and Goals theme 			
School-based and local resources (editable box for teachers):			