

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 **Being Me in My World** 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: Being Me in My World	
	<p>In this Puzzle, children reflect on their achievements, set personal goals, and learn how to make others feel welcome. They explore emotions linked to worries and fears and think about what helps a school feel safe and supportive. Children compare nightmare and dream schools, develop an understanding of rights and responsibilities, and consider how behaviour and choices affect others. They work together to create and follow their Learning Charter, focusing on teamwork, fairness and inclusion. By the end of the Puzzle, children recognise how their actions impact others and take responsibility for following the whole-school Learning Charter.</p>	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I recognise my worth and can identify positive things about myself and my achievements • I can set personal goals • I know how to use my Jigsaw Journal • I can face new challenges positively, make responsible choices and ask for help when I need it • I understand why rules are needed and how they relate to rights and responsibilities • I understand that my actions affect myself and others and I care about other people's feelings • I can make responsible choices and take action • I understand my actions affect others and try to see things from their points of view 	<ul style="list-style-type: none"> • I value myself and know how to make someone else feel welcome and valued • I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions • I know how to make others feel valued • I understand that my behaviour brings rewards/consequences • I can work cooperatively in a group • I am choosing to follow the Learning Charter
	Vocabulary	
<p>achievements, actions, acknowledge, affirm, assertive, behaviour, belong, challenge, choices, controlling, courtesy, consequences, dream, emotions, exclude, fairness, feelings, fears, friendship, group dynamics, ideal school, include, kind, learning, learning charter, loneliness, manners, nightmare, personal goal, pleased, praise, pride, proud, responsibilities, rewards, rights, self-respect, solutions, support, team work, valued, viewpoint, welcome, wellbeing, worries</p>		

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 ‘Being Me in My World’ learning at home			
Ages 7-8	Self-worth and achievements <ul style="list-style-type: none"> • What are you proud of about yourself? • What is something you’ve achieved recently? • What helps you recognise your own strengths? 	Goals and challenges <ul style="list-style-type: none"> • What goal would you like to work towards this year? • What steps could you take to achieve it? • What can you do if something feels difficult or challenging? 	Feelings, worries and support <ul style="list-style-type: none"> • Can you tell me about a time you felt worried or unsure? • What helps you feel calm and supported? • Who can you go to if you need help?
	Belonging and inclusion <ul style="list-style-type: none"> • How can you help someone feel welcome? • What does it mean to include others? • How can you show someone they are valued? 	Rights, responsibilities and fairness <ul style="list-style-type: none"> • Why are rules important in school? • What responsibilities do you have in your class and at home? • How can we make sure everyone is treated fairly? 	Working together – Learning Charter <ul style="list-style-type: none"> • How do your choices affect other people? • How can you work well with others in a group? • What does following the Learning Charter look like in your class?
	Resources and additional support for Families <ul style="list-style-type: none"> • BBC Bitesize (KS2 PSHE and Wellbeing) – short videos and activities to support learning about emotions, behaviour, choices and relationships • Time Travel Bill Adventures - Parliament UK Education • BookTrust – high-quality book recommendations by age and topic, including feelings, friendships, confidence and belonging • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Being Me in My World theme. 		
	School-based and local resources (editable box for teachers):		