

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.

<b>Ages 8-9</b>	<b>Puzzle overview: Dreams and Goals</b>	
	<p>In this Puzzle, children explore their hopes and dreams and learn how feelings such as excitement, anxiety and disappointment can accompany them. They develop resilience by reflecting on setbacks, coping strategies and how support from others can help them move forward. Across the Pieces, children practise creating new plans, setting achievable goals and working collaboratively on group challenges. They reflect on the importance of perseverance, positive attitudes and self-belief whilst helping themselves and others to succeed.</p>	
	<b>Knowledge</b>	<b>Social and emotional skills</b>
	<ul style="list-style-type: none"> <li>• I can tell you about some of my hopes and dreams</li> <li>• I understand that sometimes hopes and dreams do not come true and that this can hurt and recognise how resilience and support from others can help</li> <li>• I know how to cope with disappointment and find ways to move forward</li> <li>• I know how to make a new plan and set new goals even if I have been disappointed</li> <li>• I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</li> <li>• I can identify the contributions made by myself and others to the group's achievement</li> </ul>	<ul style="list-style-type: none"> <li>• I know how it feels to have hopes and dreams</li> <li>• I know how disappointment feels and identify when I have felt that way, recognising the roles people (including myself) take in groups and how these can support or challenge me</li> <li>• I can respect myself and notice how coping builds my self-esteem and resilience</li> <li>• I know what it means to be resilient and to have a positive attitude</li> <li>• I can enjoy being part of a group challenge</li> <li>• I know how to share in the success of a group and how to store this success experience in my internal treasure chest</li> </ul>
	<b>Vocabulary</b>	
<p>agree/disagree, anxious, attitude, celebrate, cope, courtesy, courage, design, determination, determined, disappointed, disappointment, dream, dreams, follower, goal, goals, help, hope, hopeful, hopes, hurt, inspired, internal, treasure chest, leader, learning, manners, motivated, plans, positive, positive attitude, problem-solve, proud, resilience, review, risk, roles, safety, self-belief, self-esteem, self-respect, setback, success, wellbeing</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 'Dreams and Goals' learning at home			
Ages 8-9	<b>Hopes and dreams</b>	<b>Dealing with disappointment</b>	<b>Resilience and self-belief</b>
	<ul style="list-style-type: none"> <li>• What are some of your hopes and dreams for the future?</li> <li>• How does it feel when you think about something you really hope will happen?</li> <li>• Is there someone who inspires you to dream big? What is it about them that inspires you?</li> </ul>	<ul style="list-style-type: none"> <li>• Have you ever really hoped for something that didn't work out? How did that feel?</li> <li>• What do you do when you feel disappointed?</li> <li>• What helps you start to feel better?</li> </ul>	<ul style="list-style-type: none"> <li>• What does being resilient mean to you?</li> <li>• When things get hard, what do you tell yourself to keep going?</li> <li>• How does coping with something difficult make you feel about yourself afterwards?</li> </ul>
	<b>Making new plans and setting goals</b>	<b>Teamwork and roles in a group</b>	<b>Celebrating success</b>
	<ul style="list-style-type: none"> <li>• If something doesn't go to plan, how do you go about starting again or trying a different way?</li> <li>• What steps do you take when you are working towards a new goal?</li> <li>• Who helps you stay on track when you are working towards something important?</li> </ul>	<ul style="list-style-type: none"> <li>• When you work in a group, what role do you usually take — leader, follower, organiser, encourager?</li> <li>• How do other people in a group help you, and how do you help them?</li> <li>• How does it feel to be part of a group that achieves something together?</li> </ul>	<ul style="list-style-type: none"> <li>• What is something you are really proud of achieving ?</li> <li>• How do you like to celebrate success with the people around you?</li> <li>• If you could keep the feeling of a really proud moment with you always, how might that help you when things get tough?</li> </ul>
<b>Resources and additional support for Families</b>			
<ul style="list-style-type: none"> <li>• <b>Place2Be</b> – advice on how to open up conversations about hopes, disappointment and emotional wellbeing at home</li> <li>• <b>Childline</b> – child-friendly articles and tools to help build self-respect and a positive attitude towards goals</li> <li>• Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Dreams and Goals theme.</li> </ul>			
<b>School-based and local resources (editable box for teachers):</b>			