

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 8-9	Puzzle overview: Being Me in My World	
	<p>In this Puzzle, children explore what it means to be part of a class team, reflecting on inclusion, friendship and how their actions affect others. They learn about roles in school and how to contribute to their community. Across the six Pieces, children explore rights, responsibilities and democracy, including how to share their own thoughts, opinions and ideas. They consider how rewards and consequences influence behaviour and practise empathy. By the end of the Puzzle, children understand how responsible choices and participation benefit their school community, with the Learning Charter as the shared outcome.</p>	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I know my attitudes and actions make a difference to the class team • I know how to use my Jigsaw Journal • I understand who is in my school community, the roles they play, how I fit in and how I can contribute • I understand how democracy works through the School Council • I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them • I understand how groups come together to make decisions • I understand how democracy and having a voice benefits the school community 	<ul style="list-style-type: none"> • I know how good it feels to be included in a group and understand how it feels to be excluded • I try to make people feel welcome and valued • I can take on a role in a group and contribute to the overall outcome • I can recognise my contribution to making a Learning Charter for the whole school • I understand how rewards and consequences motivate people's behaviour • I understand why our school community benefits from a Learning Charter and can help others to follow it
	Vocabulary	
<p>authority, charter, choices, community, conflict, consequences, contribution, courtesy, decisions, democracy, democratic, excluded, friend, friendship, healthy, help, included, job description, learning charter, observer, proud, responsibility, responsibilities, respect, rights, role, school, self-respect, solution, team, trusted adult, UN Convention on the Rights of the Child, valued, violence, voting, welcome, 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 ‘Being Me in My World’ learning at home			
Ages 8-9	Belonging, inclusion and teamwork <ul style="list-style-type: none"> • What does it mean to be part of a team? • How can you help others feel included and valued? • How does it feel when someone is left out? 	Roles, responsibilities and contribution <ul style="list-style-type: none"> • What roles do people have in your school community? • What role do you play in your class? • How do your actions contribute to your class or school? 	Feelings, empathy and relationships <ul style="list-style-type: none"> • How can you tell how someone else is feeling? • Can you think of a time you showed empathy to someone? • Why is it important to care about other people’s feelings?
	Democracy, voice and decision-making <ul style="list-style-type: none"> • What does democracy mean? • How can you share your ideas or opinions? • Why is it important that everyone has a voice? 	Rights, responsibilities and respect <ul style="list-style-type: none"> • What rights do you have in school? • What responsibilities come with those rights? • How does showing respect help your school community? 	Choices, behaviour and consequences <ul style="list-style-type: none"> • How do your choices affect yourself and others? • How do rewards or consequences influence behaviour? • How can you make responsible choices in different situations?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Bitesize (KS2 PSHE and Citizenship) – short videos and activities to support understanding of democracy, rights, responsibilities and relationships • Disability History Month illustrated book - Parliament UK Education • BookTrust – high-quality book recommendations by age and topic, including friendship, inclusion, empathy and community • 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):			