

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 6-7	Puzzle overview: Being Me in My World	
	In this Puzzle, children reflect on their hopes and fears for the year and learn how to recognise feelings of worry and seek help. They explore belonging in their class and school community, developing an understanding of rights and responsibilities and making positive contributions. Across the six Pieces, children discuss rewards and consequences, consider how choices affect themselves and others, and explore what makes a classroom safe and fair. Children then learn how the Learning Charter supports learning and boundaries. By the end of the Puzzle, children understand their role in creating a positive school community, with the whole-school Learning Charter as the shared outcome.	
	Knowledge	Social and emotional skills
	• I can identify some of my hopes and fears for this year • I know how to use my Jigsaw Journal • I understand the rights and responsibilities for being a member of my class and the importance of making contributions • I can listen to other people and contribute my own ideas about rewards and consequences • I understand how following the Learning Charter will help me and others learn • I can recognise the choices I make and understand the consequences	• I can recognise when I feel worried and know who to ask for help • I can help myself and others feel like we belong • I can help make my class a safe and fair place • I can listen to others and share my ideas • I can work co-operatively with others • I can follow our Learning Charter
	Vocabulary	
	actions, assertive, belong, belonging, boundaries, choices, consequences, controlling, contributions, fair, fears, hopes, learning charter, negative, positive, praise, problem solving, responsible, responsibilities, rewards, rights, safe, worried	

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 6-7	Hopes, fears and worries - What are you looking forward to this year? - Is there anything that has made you feel worried at school? - Who can you talk to if you feel worried or need help?	Belonging - What makes you feel like you belong in your class? - How can you help someone else feel included? - What makes your class a good place to be?	Rights and responsibilities - What rights do you have in your classroom? - What responsibilities do you have as a member of your class? - How do your responsibilities help everyone learn?
	Choices and consequences - Can you tell me about a choice you made at school today? - What might happen if someone makes a positive or negative choice? - How do your choices affect other people?	Fairness - What does being fair mean in your classroom? - Can you tell me about a time when something felt fair or unfair? - How can we make sure everyone is treated fairly?	Working together – Learning Charter - What is your Learning Charter and why is it important? - How does following the Learning Charter help everyone learn? - How do you work together with others in your class?
	Resources and additional support for Families BBC Bitesize (KS1 PSHE and Wellbeing) – short videos and resources to support children's understanding of feelings, choices, rights and responsibilities BookTrust – high-quality book recommendations by age and topic, including feelings, worries, friendships 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):		