



Jigsaw knowledge and skills progression: Being Me in My World – Ages 3-5

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Being Me in My World Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

BMJMW	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 3-5	- Know special things about themselves - Know that some people are different from themselves - Know how happiness and sadness can be expressed - Know that hands can be used kindly and unkindly - Know that being kind is good - Know they have a right to learn and play, safely and happily	- Identify feelings associated with belonging - Identify feelings of happiness and sadness - Skills to play cooperatively with others - Be able to consider others' feelings - Be responsible in the setting	- What does it feel like to belong? - What's special about you? - How do people show they are happy or sad? - What sort of things can you do to be kind? - How do you play nicely with other children? - How are you different from someone else (e.g. Mummy, Daddy, brother, sister, a friend)? - What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons? - Can you tell me about Calm Me time?
In this Puzzle (unit), the children talk about how they have similarities and differences from their friends and how that is OK. They begin working on recognising and managing their feelings, identifying different ones and the causes these can have. The children talk about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children talk about what it means to be responsible.			
Key Vocabulary Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.			