

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 Relationships Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

## Knowledge



- Know some reasons why people feel jealousy.
- Know that jealousy can be damaging to relationships.
- Know that loss is a normal part of relationships.
- Know that negative feelings are a normal part of loss.
- Know that memories can support us when we lose a special person or animal.
- Know that change is a natural part of relationships/ friendship.
- Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe.

## Social and Emotional Skills



- Can identify feelings and emotions that accompany jealousy.
- Can suggest positive strategies for managing jealousy.
- Can identify people who are special to them and express why.
- Can identify the feelings and emotions that accompany loss.
- Can suggest strategies for managing loss.
- Can tell you about someone they no longer see.
- Can suggest ways to manage relationship changes including how to negotiate.

## Questions for Family Learning



- Can you tell me about a time when you felt jealous? Did it affect how you behaved?
- Can we tell each other about the people we love?
- Do you miss seeing anyone?
- Who could we make a memory box for?
- Have you ever fallen out with any of your friends? What happened? How did you resolve it?
- Do you have any friends that you fall out with a lot?
- How does Jigsaw Jaz help you learn about friendships?
- Does Calm Me time help you stay calm?

Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.

## Key Vocabulary

Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Trust, Loyal, Empathy, Betrayal, Amicable, Appreciation, Love.