

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 that it is important to take care of their own mental health.
- Know ways that they can take care of their own mental health.
- Know the stages of grief and that there are different types of loss that cause people to grieve.
- Know that sometimes people can try to gain power or control them
- Know some of the dangers of being 'online'.
- Know how to use technology safely and positively to communicate with their friends and family.

Questions for Family Learning



- What is mindfulness?
- What tips can you give me for taking care of my own mental health?
- What is the grief cycle?
- Do you have any tips for dealing with grief?
- Who do you talk to online?
- What would you do if they said something that you didn't like?
- How do you know if a website is genuine?

Social and Emotional Skills



- Recognise that people can get problems with their mental health and that it is nothing to be ashamed of
- Can help themselves and others when worried about a mental health problem
- Recognise when they are feeling grief and have strategies to manage them
- Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control
- Can resist pressure to do something online that might hurt themselves or others
- Can take responsibility for their own safety and well-being.

In this Puzzle the class look at mental health and how to take care of their own mental well-being. They talk about the grief cycle and its various stages, they also discuss the different causes of grief and loss. The children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.

Key Vocabulary

Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real / fake, True / untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety.