



## Jigsaw knowledge and skills progression: Dreams & Goals Ages 3-11(12)

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 Dreams & Goals Puzzle (unit of work) including some of the new key vocabulary used in each year group and suggestions for Family Learning. Please ask your child's school for details of any adaptations they have made to the programme in line with their school policy as some of the content and vocabulary may have been changed or be taught in a different year group.

| DG   | Knowledge  | Social and Emotional Skills  | Questions for Family Learning   |
|--|--|--|---|
| <b>Ages 8-9</b>  | <ul style="list-style-type: none"> <li>• Know what their own hopes and dreams are</li> <li>• Know that hopes and dreams don't always come true</li> <li>• Know that reflecting on positive and happy experiences can help them to counteract disappointment</li> <li>• Know how to make a new plan and set new goals even if they have been disappointed</li> <li>• Know how to work out the steps they need to take to achieve a goal</li> <li>• Know how to work as part of a successful group</li> <li>• Know how to share in the success of a group</li> </ul> | <ul style="list-style-type: none"> <li>• Can talk about their hopes and dreams and the feelings associated with these</li> <li>• Can identify the feeling of disappointment</li> <li>• Can identify a time when they have felt disappointed</li> <li>• Be able to cope with disappointment</li> <li>• Help others to cope with disappointment</li> <li>• Can identify what resilience is</li> <li>• Have a positive attitude</li> <li>• Enjoy being part of a group challenge</li> <li>• Can share their success with others</li> <li>• Can store feelings of success (in their internal treasure chest) to be used at another time</li> </ul> | <ul style="list-style-type: none"> <li>• What are your hopes and dreams?</li> <li>• Can you tell me about a time that one of your dreams didn't come true?</li> <li>• What can we do when we feel disappointed?</li> <li>• What is resilience?</li> <li>• Describe how it felt when you achieved your goal?</li> <li>• Can I tell you what my dreams and goals were when I was your age?</li> <li>• How can you use this feeling the next time you are stuck?</li> <li>• Does Calm Me time help you when you are feeling stuck?</li> <li>• How does Jigsaw Jaz help you learn?</li> </ul> |
| <p>In this Puzzle the children talk about their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with / overcome feelings of disappointment. The children talk about making new plans and setting new goals even if they have been disappointed. The class talk about group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.</p> |  |  |   |
| <p><b>New key vocabulary that may be introduced:</b><br/>           Hope, determination, resilience, positive attitude, disappointment, fears, positive experiences, plans, cope, help, self-belief, commitment.</p>   |  |  |   |
| <b>Notes for</b>   | <b>School</b>  |  |   |