

Puzzle - Relationships (Summer 1)

Relationships has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

Year group	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Nursery	1. My Family and Me! I can tell you about my family	2. Make friends, make friends, never ever break friends Part 1 I understand how to make friends if I feel lonely	3. Make friends, make friends, never ever break friends Part 2 I can tell you some of the things I like about my friends	4. Falling Out and Bullying Part 1 I know what to say and do if somebody is mean to me	5. Falling Out and Bullying Part 2 I can use Calm Me time to manage my feelings	6. Being the best friends we can be I can work together and enjoy being with my friends
Reception	1. My Family and Me! I can identify some of the jobs I do in my family and how I feel like I belong	2. Make friends, make friends, never ever break friends Part 1 I know how to make friends to stop myself from feeling lonely	3. Make friends, make friends, never ever break friends Part 2 I can think of ways to solve problems and stay friends	4. Falling Out and Bullying Part 1 I am starting to understand the impact of unkind words	5. Falling Out and Bullying Part 2 I can use Calm Me time to manage my feelings	6. Being the best friends we can be I know how to be a good friend
Year 1	1. Families I can identify the members of my family and understand that there are lots of different types of families <i>I know how it feels to belong to a family and care about the people who are important to me</i>	2. Making Friends I can identify what being a good friend means to me <i>I know how to make a new friend</i>	3. Greetings I know appropriate ways of physical contact to greet my friends and know which ways I prefer <i>I can recognise which forms of physical contact are acceptable and unacceptable to me</i>	4. People Who Help Us I know who can help me in my school community <i>I know when I need help and know how to ask for it</i>	5. Being My Own Best Friend I can recognise my qualities as person and a friend <i>I know ways to praise myself</i>	6. Celebrating My Special Relationships I can tell you why I appreciate someone who is special to me <i>I can express how I feel about them</i>
Year 2	1. Families I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate <i>I accept that everyone's family is different and understand that most people value their family</i>	2. Keeping Safe exploring physical contact I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not <i>I know which types of physical contact I like and don't like and can talk about this</i>	3. Friends and Conflict I can identify some of the things that cause conflict with my friends <i>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends</i>	4. Secrets I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret <i>I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</i>	5. Trust and Appreciation I recognise and appreciate people who can help me in my family, my school and my community <i>I understand how it feels to trust someone</i>	6. Celebrating My Special Relationships I can express my appreciation for the people in my special relationships <i>I am comfortable accepting appreciation from others</i>

<p>Year 3</p>	<p>1. Family Roles and Responsibilities</p> <p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p> <p><i>I can describe how taking some responsibility in my family makes me feel</i></p>	<p>2. Friendship</p> <p>I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</p> <p><i>I know how to negotiate in conflict situations to try to find a win-win solution</i></p>	<p>3. Keeping Myself Safe Online</p> <p>I know and can use some strategies for keeping myself safe online</p> <p><i>I know who to ask for help if I am worried or concerned about anything online</i></p>	<p>4. Being a Global Citizen 1</p> <p>I can explain how some of the actions and work of people around the world help and influence my life</p> <p><i>I can show an awareness of how this could affect my choices</i></p>	<p>5. Being a Global Citizen 2</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p><i>I can empathise with children whose lives are different to mine and appreciate what I may learn from them</i></p>	<p>6. Celebrating My Web of Relationships</p> <p>I know how to express my appreciation to my friends and family</p> <p><i>I enjoy being part of a family and friendship groups</i></p>
<p>Year 4</p>	<p>1. Jealousy</p> <p>I can recognise situations which can cause jealousy in relationships</p> <p><i>I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</i></p>	<p>2. Love and Loss</p> <p>I can identify someone I love and can express why they are special to me</p> <p><i>I know how most people feel when they lose someone or something they love</i></p>	<p>3. Memories</p> <p>I can tell you about someone I know that I no longer see</p> <p><i>I understand that we can remember people even if we no longer see them</i></p>	<p>4. Getting on and Falling Out</p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p><i>I know how to stand up for myself and how to negotiate and compromise</i></p>	<p>5. Girlfriends and Boyfriends</p> <p>I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older</p> <p><i>I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend</i></p>	<p>6. Celebrating My Relationships with People and Animals</p> <p>I know how to show love and appreciation to the people and animals who are special to me</p> <p><i>I can love and be loved</i></p>

<p>Year 5</p>	<p>1. Recognising Me</p> <p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p><i>I know how to keep building my own self-esteem</i></p>	<p>2. Safety with Online Communities</p> <p>I understand that belonging to an online community can have positive and negative consequences</p> <p><i>I can recognise when an online community feels unsafe or uncomfortable</i></p>	<p>3. Being in an Online Community</p> <p>I understand there are rights and responsibilities in an online community or social network</p> <p><i>I can recognise when an online community is helpful or unhelpful to me</i></p>	<p>4. Online Gaming</p> <p>I know there are rights and responsibilities when playing a game online</p> <p><i>I can recognise when an online game is becoming unhelpful or unsafe</i></p>	<p>5. My Relationship with Technology: screen time</p> <p>I can recognise when I am spending too much time using devices (screen time)</p> <p><i>I can identify things I can do to reduce screen time, so my health isn't affected</i></p>	<p>6. Relationships and Technology</p> <p>I can explain how to stay safe when using technology to communicate with my friends</p> <p><i>I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</i></p>
<p>Year 6</p>	<p>1. What is Mental Health?</p> <p>I know that it is important to take care of my mental health</p> <p><i>I understand that people can get problems with their mental health and that it is nothing to be ashamed of</i></p>	<p>2. My Mental Health</p> <p>I know how to take care of my mental health</p> <p><i>I can help myself and others when worried about a mental health problem</i></p>	<p>3. Love and Loss</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p><i>I can recognise when I am feeling those emotions and have strategies to manage them</i></p>	<p>4. Power and Control</p> <p>I can recognise when people are trying to gain power or control</p> <p><i>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</i></p>	<p>5. Being Online: Real or Fake? Safe or Unsafe?</p> <p>I can judge whether something online is safe and helpful for me</p> <p><i>I can resist pressure to do something online that might hurt myself or others</i></p>	<p>6. Using Technology Responsibly</p> <p>I can use technology positively and safely to communicate with my friends and family</p> <p><i>I can take responsibility for my own safety and well-being</i></p>