

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the **Being Me in My World** Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

Ages 3-5	Puzzle overview: Being Me in My World	
	In this Puzzle (unit), the children learn about how they have similarities and differences from their friends and how that is OK. They begin by working on recognising and managing and naming their feelings. The children learn 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 learn what it means to be responsible.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I understand that people are similar and different • I am beginning to recognise and talk about different feelings • I understand that my classroom is a place where we learn and play together • I know that working together helps make school a good place to be • I understand why kindness matters and how it affects others • I know what using gentle hands looks like • I know that everyone has the right to learn and play • I understand what being responsible means • I know how we look after our classroom and resources • I can describe how they help everyone feel safe and able to learn 	<ul style="list-style-type: none"> • I can name my feelings • I know how work and play with others • I know why it is important to be kind and gentle • I understand why it is important to care about others' feelings • I can make good choices • I can follow our class rules
	Vocabulary	
angry, choice, different, excited, feelings, friend, gentle, happy, kind, learn, nervous, responsibilities, rights, sad, share, similar, taking turns, unique		

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support ‘Being Me in My World’ learning at home			
Ages 3-5	<p>Belonging and friendship</p> <ul style="list-style-type: none"> Who do you like to play with at school? What do you like about them? What makes someone a good friend? When do you feel happy in your class? 	<p>Feelings and emotions</p> <ul style="list-style-type: none"> Can you tell me about a time you felt happy, sad or angry at school? How can we tell how someone else is feeling? What helps you feel better when you feel upset? 	<p>Kindness and gentle hands</p> <ul style="list-style-type: none"> What does being kind look like in your classroom? Can you show me what “gentle hands” look like? How do others feel when we are kind to them?
	<p>Similarities and differences</p> <ul style="list-style-type: none"> What is the same about you and your friends? What is different about you and your friends? Why is it nice that we are all a bit different? 	<p>Playing together</p> <ul style="list-style-type: none"> What games do you like playing with others? How do you take turns when you play? What happens when everyone works together? 	<p>Rights and responsibilities</p> <ul style="list-style-type: none"> What do you think your classroom rules are? Why is it important that everyone can learn and play? How do you help look after your bedroom or toys?
Resources and additional support for Families			
<ul style="list-style-type: none"> BBC Tiny Happy People - short videos, ideas and resources to support families BookTrust - high-quality book recommendations for children by age (including ages 3–5) including topics on feelings, friendships, starting school and behaviour Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Being Me in My World theme. 			
School-based and local resources (editable box for teachers):			
Empty box for school-based and local resources			