

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 Healthy Me 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.

<b>Ages 3-5</b>	<b>Puzzle overview: Healthy Me</b>	
	In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss safe adults and what they should do if approached by someone they don't know.	
	<b>Knowledge</b>	<b>Social and emotional skills</b>
	<ul style="list-style-type: none"> <li>• I can name some parts of my body and understand that being active helps keep me healthy</li> <li>• I understand that moving my body and resting are both important for my health</li> <li>• I can talk about things I need to do to stay healthy</li> <li>• I know what "healthy" means and can begin to make healthy food choices</li> <li>• I know how to help myself go to sleep and understand why sleep is important</li> <li>• I can wash my hands and understand why this is important, especially before eating and after using the toilet</li> <li>• I know who my safe adults are and how to stay safe if they are not close by</li> </ul>	<ul style="list-style-type: none"> <li>• I can notice how my body feels when I am active and understand that moving helps keep me well</li> <li>• I can recognise when my body needs movement or rest</li> <li>• I can talk about some ways I can look after myself and keep my body healthy</li> <li>• I can make simple healthy choices and notice how these help my body and feelings</li> <li>• I can use strategies that help me feel calm and ready for sleep</li> <li>• I can take responsibility for caring for my body by keeping myself clean and healthy</li> <li>• I can identify trusted adults and ask for help when I feel unsafe or unsure</li> </ul>
	<b>Vocabulary</b>	
asleep, challenge, clean, exercise, germs, healthy, hygiene, less healthy, movement, rest, safe, scared, sleep, stranger, stretch, teeth, unexpected, unplanned, worried		

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.

<b>Talking Together: suggested questions to support Healthy Me learning at home</b>			
<b>Ages 3-5</b>	<b>Body awareness</b>	<b>Healthy choices and self-care</b>	<b>Hygiene and independence</b>
	<ul style="list-style-type: none"> <li>• How does your body feel when you run, jump, or stretch?</li> <li>• What is your favourite way to move your body?</li> <li>• When does your body feel tired and need a rest?</li> </ul>	<ul style="list-style-type: none"> <li>• Which foods help us to be healthy?</li> <li>• What can we do to keep our bodies clean?</li> <li>• Can you think of something that might help your body to stay healthy?</li> </ul>	<ul style="list-style-type: none"> <li>• When should we wash our hands?</li> <li>• Can you show me how to wash your hands?</li> <li>• Why should we brush our teeth?</li> </ul>
	<b>Sleep and wellbeing</b>	<b>Safety and trusted adults</b>	<b>Feelings and self-awareness</b>
	<ul style="list-style-type: none"> <li>• What helps you get ready for bedtime?</li> <li>• Why is sleep important for our bodies?</li> <li>• What helps you feel calm before bed?</li> </ul>	<ul style="list-style-type: none"> <li>• What would you do if you felt worried or scared?</li> <li>• Who can you ask for help if you get lost?</li> <li>• What should you do if a stranger talks to you?</li> </ul>	<ul style="list-style-type: none"> <li>• How does your body feel when you are happy?</li> <li>• How does your body feel when you are worried?</li> <li>• What helps you feel calm again?</li> </ul>
<b>Resources and additional support for Families</b>			
<ul style="list-style-type: none"> <li>• <a href="#">NHS Start for Life</a> – guidance and advice on sleep, hygiene, routines and more</li> <li>• <a href="#">Better Health – Healthier Families (NHS)</a> – lots of family resources, activities, food recipes and more</li> <li>• Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme.</li> </ul>			
<b>School-based and local resources (editable box for teachers):</b>			