

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 **Dreams and Goals** 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: Dreams and Goals	
	In this Puzzle, the children consider challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal. The children are encouraged to think about jobs that they might like to have when they are older and are taught to associate what they learn now with being able to have the job they want. They also talk about achieving goals and the feelings linked to this.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I know what a challenge is • I understand that it is important to keep trying • I know what a goal is • I know how to set goals and work towards them • I can recognise words that are kind • I can name some jobs that I might like to do when I am older • I know that working hard helps me to be able to achieve the job I want when I am older • I know when I have achieved a goal 	<ul style="list-style-type: none"> • I understand that challenges can be difficult • I am learning what it means to be resilient • I can recognise some of the feelings linked to perseverance • I can use kind words and can encourage people • I can talk about time when I kept on trying and achieved a goal • I am ambitious • I can feel proud • I can celebrate success
	Vocabulary	
achieve, challenge, difficult, dreams, encourage, earn, frustrated, future, goal, job, keep trying, kind, persevere, proud, reward, skills		

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 'Dreams and Goals' learning at home			
Ages 3-5	Dreams and jobs	Challenges and trying your best	Goals and achievements
	<ul style="list-style-type: none"> • What job would you like to do when you grow up? • Why would you like to do that job? • What do you think you might need to learn to do that job one day? 	<ul style="list-style-type: none"> • Can you tell me about something that felt really tricky for you? • What did you do when it got difficult? • Why do you think it's important to keep trying even when something is hard? 	<ul style="list-style-type: none"> • Is there something you really want to get better at? • How could we make that happen, what small steps could you take? • Can you think of something you have achieved that you are really proud of?
	Feelings <ul style="list-style-type: none"> • How does it feel when something is really difficult? • How does it feel when you finally manage to do something you've been trying hard at? • Have you ever felt frustrated? What happened and what did you do? 	Being kind <ul style="list-style-type: none"> • What kind words could you say to a friend who is finding something difficult? • Has anyone ever said something encouraging to you that helped you keep going? What did they say? • How does it feel when someone cheers you on? 	Celebrating success <ul style="list-style-type: none"> • Can you think of something you are really proud of achieving? • How did you celebrate when you did something you had been working hard at? • What would you like to achieve next and how will we celebrate when you get there?
	Resources and additional support for Families		
<ul style="list-style-type: none"> • BBC Tiny Happy People - short videos, ideas and resources for parents to build confidence, communication and resilience for their children • BookTrust - high-quality book recommendations for children by age (including ages 3-5) including topics on trying hard, feelings and achieving • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Dreams and Goals theme. 			
School-based and local resources (editable box for teachers):			