

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 5-6	Puzzle overview: Dreams and Goals	
	<p>In this Puzzle, children explore what success means to them, learn how to set simple goals and recognise their own strengths. They practise breaking goals into steps, trying new challenges and understanding how learning can feel “stretchy”, with challenge as a sign our brains are growing. Across the six Pieces, children work with others, celebrate achievements and reflect on how perseverance and a positive attitude help them overcome obstacles. They talk about feelings linked to challenge and success and learn how to support friends in reaching their goals.</p>	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I can set simple goals • I can set a goal and work out how to achieve it • I understand how to work well with a partner • I can tackle a new challenge and understand this might stretch my learning • I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them • I can tell you how I felt when I succeeded in a new challenge and how I celebrated it 	<ul style="list-style-type: none"> • I can tell you about a thing I do well • I can tell you how I learn best • I can celebrate achievement with my partner • I can identify how I feel when I am faced with a new challenge • I know how I feel when I see obstacles and how I feel when I overcome them • I know how to store the feelings of success in my internal treasure chest
	Vocabulary	
<p>achieve, achievement, active, celebrate, celebration, challenge, confidence, coins, dreams, feelings, garden, goal, goals, happiness, internal, learning, obstacle, overcome, proud, process, rest, self-respect, special, stepping stones, stretchy, success, team work, treasure, treasure chest, working together</p>		

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 5-6	Setting goals and making plans	Strengths and how we learn	Stretchy learning and challenges
	<ul style="list-style-type: none"> Is there something you really want to achieve/something you would like to work towards? What steps do you think you'd need to take to get there? How will you know when you've reached your goal? 	<ul style="list-style-type: none"> What is something you are really good at? How do you learn best e.g. do you like to watch, have a go, or have someone show you? Is there something new you would like to try and get better at? 	<ul style="list-style-type: none"> Have you tried something recently that felt really difficult? What does it feel like in your body when you are trying really hard at something? What helps you keep going when something feels too difficult?
	Obstacles and overcoming them	Feelings and success	Working together
	<ul style="list-style-type: none"> Can you think of something that got in the way of you reaching a goal? How did you feel when you hit that obstacle and what did you do? What could you do differently next time if something gets in the way? 	<ul style="list-style-type: none"> How do you feel when you try something new? Have you ever feel excited and nervous at the same time? What do you do when you feel frustrated – how do you make yourself feel better? 	<ul style="list-style-type: none"> Have you worked towards something with a friend or partner recently? How did it go? How can you help a friend when they are finding something difficult? How do you like to celebrate when you or someone you care about achieves something special?
Resources and additional support for Families			
<ul style="list-style-type: none"> BBC Bitesize – short videos and activities exploring how a 'can do' attitude can help children learn and grow BookTrust – high-quality book recommendations for themes of trying and perseverance 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):			