

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 6-7	Puzzle overview: Dreams and Goals	
	In this Puzzle, children learn how to set realistic goals, recognise their strengths and reflect on achievements. They explore how healthy choices, motivation and perseverance help them succeed and consider how working with others can support learning. Across the six Pieces, children practise teamwork through group challenges, develop problem-solving skills and learn how relaxation and managing feelings can support wellbeing. They reflect on pride, courtesy and sharing success with others.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I can choose a realistic goal and think about how to achieve it • I know what I need to keep my body healthy • I can recognise who I work well with and who it is more difficult for me to work with • I can work well in a group to create an end-product • I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I know how to share success with other people 	<ul style="list-style-type: none"> • I can tell you things I have achieved and say how that makes me feel • I am motivated to make healthy choices that help me to reach my goals • I can tell you how working with other people helps me learn • I can work with others in a group to solve problems • I can tell you when a feeling is weak and when a feeling is strong • I can tell you how being part of a successful group feels and I can store these feelings in my internal treasure chest
	Vocabulary	
achievement, calm, celebrate, challenge, community, courtesy, dream, feelings, goal, group, health, healthy choices, hobbies, interest, interests, learning together, lifestyle, manners, motivation, partner, product, proud, realistic, relax, relaxation, safety, self-care, self-esteem, stress, success, team work, tense, wellbeing		

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 6-7	Setting realistic goals	Strengths and achievements	Healthy choices and motivation
	<ul style="list-style-type: none"> Is there something you really want to achieve? How do you plan to reach your goal and what would you need to do first? How will you know when you have achieved it? 	<ul style="list-style-type: none"> What is something you have achieved recently that made you feel proud? What are you good at (your strengths)? How does it feel when you look back at something you have worked hard to achieve? 	<ul style="list-style-type: none"> What healthy choices do you make to help you feel your best? What helps you feel motivated to keep going when something is tough? Is there a healthy habit you would like to start or get better at?
	Feelings, stress and relaxation	Teamwork and learning together	Sharing and celebrating success
	<ul style="list-style-type: none"> What kinds of things make you feel calm and relaxed? What kinds of things make you feel stressed or tense? When you notice a big feeling, what do you do to help yourself feel better? 	<ul style="list-style-type: none"> Can you think of a time you worked really well with someone – what made it work? Is there anyone you find it tricky to work with? What makes it difficult? How does working with other people help you learn? 	<ul style="list-style-type: none"> How do you like to celebrate when you or someone else achieves something? How does it feel to be part of a team that has done something really well? How could you show kindness and courtesy when celebrating someone else's success?
Resources and additional support for Families			
<ul style="list-style-type: none"> NHS - Healthy Lifestyles for Children – simple, practical advice on sleep, physical activity, nutrition and wellbeing for children. BookTrust – high-quality book recommendations for children about friendship, diversity, inclusion and kindness 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):			