



The mindful approach to PSHE

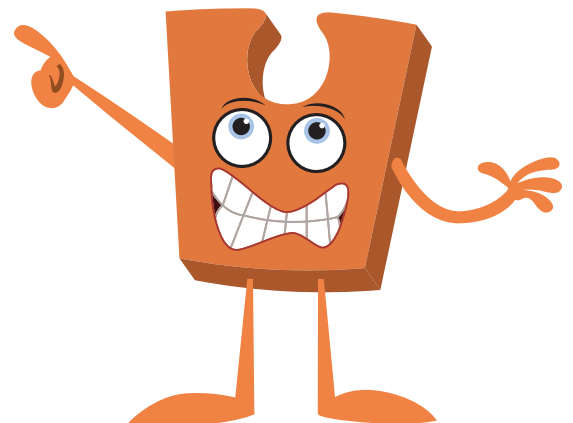
SMSC and Emotional Literacy domains in Jigsaw 2nd Edition

Jigsaw is more than a PSHE Scheme of Work. It provides a structured programme of personal development to nurture the ‘whole child’ and increase learning capacity, underpinned by mindfulness philosophy and practice.

Every Jigsaw lesson from Early Years to upper primary offers opportunities for children’s spiritual, moral, social and cultural (SMSC) development, and this is clearly mapped and balanced across each year group.

Likewise, Jigsaw is designed to provide structured opportunities in every lesson to practise and enhance the five skills associated with the emotional literacy (self-awareness, social skills, empathy, motivation and managing feelings). At Jigsaw, we believe that these opportunities are vital for children’s development, their understanding of themselves and others and in increasing their capacity to learn.

The following grids give a quick visual reference and summary of where these opportunities sit within Jigsaw.



Being Me In My World AGE 3-4

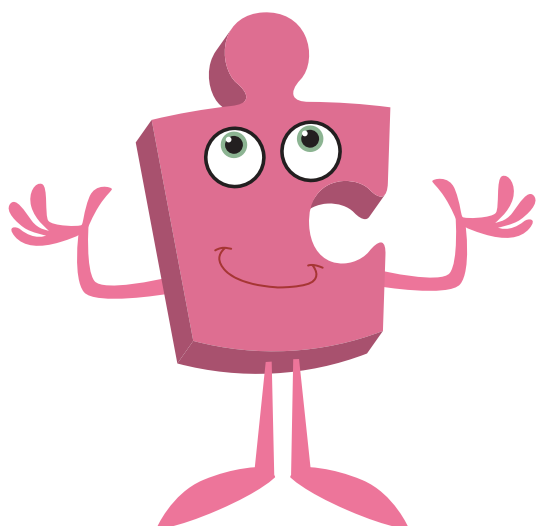
Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	✓
2	✓	✓	✓	
3	✓	✓	✓	
4		✓	✓	✓
5	✓	✓	✓	✓
6	✓	✓	✓	✓

Celebrating Difference AGE 3-4

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓	✓	
2	✓	✓	✓	✓
3	✓	✓	✓	✓
4		✓	✓	✓
5	✓	✓	✓	✓
6	✓	✓	✓	✓

Dreams & Goals AGE 3-4

Lesson	Social	Moral	Spiritual	Cultural
1			✓	✓
2	✓	✓		
3	✓	✓		
4	✓	✓	✓	
5	✓	✓	✓	✓
6	✓	✓	✓	



Healthy Me AGE 3-4

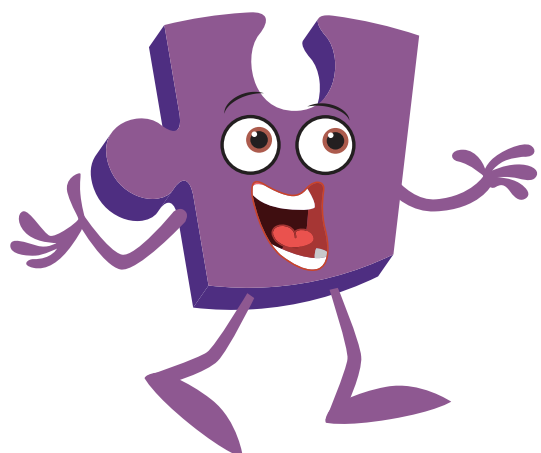
Lesson	Social	Moral	Spiritual	Cultural
1			✓	✓
2		✓	✓	✓
3	✓		✓	✓
4	✓		✓	✓
5	✓	✓	✓	✓
6		✓	✓	✓

Relationships AGE 3-4

Lesson	Social	Moral	Spiritual	Cultural
1		✓	✓	✓
2	✓	✓	✓	
3		✓	✓	✓
4		✓	✓	✓
5	✓	✓	✓	✓
6	✓	✓	✓	✓

Changing Me AGE 3-4

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓	✓	✓	✓
3		✓		
4	✓		✓	✓
5	✓	✓	✓	
6	✓	✓	✓	✓



Being Me In My World AGE 4-5

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	✓
2	✓	✓	✓	
3	✓	✓	✓	
4		✓	✓	✓
5	✓	✓	✓	✓
6	✓	✓	✓	✓

Celebrating Difference AGE 4-5

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓	✓	
2	✓	✓	✓	✓
3	✓	✓	✓	✓
4		✓	✓	✓
5	✓	✓	✓	✓
6	✓	✓	✓	✓

Dreams & Goals AGE 4-5

Lesson	Social	Moral	Spiritual	Cultural
1			✓	✓
2	✓	✓		
3	✓	✓		
4	✓	✓	✓	
5	✓	✓	✓	✓
6	✓	✓	✓	



Healthy Me AGE 4-5

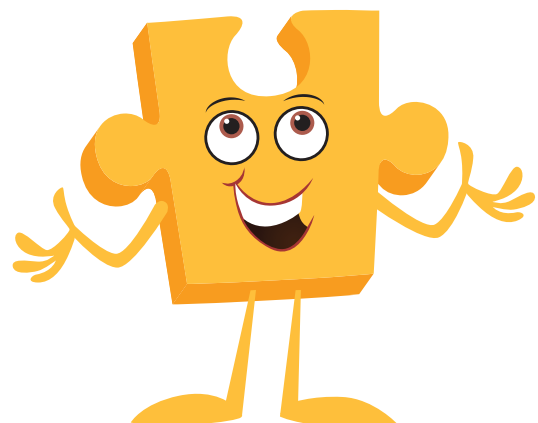
Lesson	Social	Moral	Spiritual	Cultural
1			✓	✓
2		✓	✓	✓
3	✓		✓	✓
4	✓		✓	✓
5	✓	✓	✓	✓
6		✓	✓	✓

Relationships AGE 4-5

Lesson	Social	Moral	Spiritual	Cultural
1		✓	✓	✓
2	✓	✓	✓	
3		✓	✓	✓
4		✓	✓	✓
5	✓	✓	✓	✓
6	✓	✓	✓	✓

Changing Me AGE 4-5

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓	✓	✓	✓
3		✓		
4	✓		✓	✓
5	✓	✓	✓	
6	✓	✓	✓	✓



Being Me In My World AGE 5-6

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2	✓	✓		
3	✓	✓		
4	✓	✓		
5	✓	✓		
6	✓	✓		

Being Me In My World AGE 5-6

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓	✓			
2	✓				
3	✓		✓		
4	✓	✓			
5		✓		✓	
6		✓		✓	

Celebrating Difference AGE 5-6

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓			
3	✓			
4	✓	✓		
5	✓	✓		
6	✓		✓	

Celebrating Difference AGE 5-6

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				
3			✓		
4			✓		
5		✓			
6	✓				

Dreams & Goals AGE 5-6

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3	✓			
4			✓	
5			✓	
6			✓	

Dreams & Goals AGE 5-6

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓			✓	
3		✓		✓	
4	✓			✓	
5	✓			✓	✓
6	✓				✓

Healthy Me AGE 5-6

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓		
2	✓	✓		
3	✓	✓		
4	✓	✓		
5	✓	✓		
6	✓	✓		

Healthy Me AGE 5-6

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓			✓	
3	✓			✓	
4	✓				
5	✓				
6	✓			✓	

Relationships AGE 5-6

Lesson	Social	Moral	Spiritual	Cultural
1				✓
2	✓			
3	✓			
4	✓			
5			✓	
6	✓		✓	

Relationships AGE 5-6

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				✓
2		✓			✓
3		✓			✓
4		✓			
5	✓				
6		✓			

Changing Me AGE 5-6

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3			✓	
4		✓	✓	
5			✓	
6			✓	✓

Changing Me AGE 5-6

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1			✓		✓
2	✓				✓
3	✓		✓		
4	✓				
5	✓				
6	✓				✓

Being Me In My World AGE 6-7

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2	✓	✓		
3	✓		✓	
4	✓		✓	
5	✓		✓	
6		✓	✓	

Being Me In My World AGE 6-7

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2		✓			
3		✓			
4		✓		✓	
5		✓		✓	
6	✓				

Celebrating Difference AGE 6-7

Lesson	Social	Moral	Spiritual	Cultural
1	✓			✓
2	✓			✓
3	✓			
4	✓	✓		
5	✓	✓		
6	✓			

Celebrating Difference AGE 6-7

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓		✓		
2	✓		✓		
3		✓	✓		
4		✓	✓		
5		✓	✓		
6		✓	✓		

Dreams & Goals AGE 6-7

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3	✓			
4	✓			
5	✓			
6			✓	

Dreams & Goals AGE 6-7

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				✓
2	✓				✓
3		✓			
4		✓			✓
5		✓			✓
6		✓			✓

Healthy Me AGE 6-7

Lesson	Social	Moral	Spiritual	Cultural
1		✓	✓	
2			✓	
3	✓	✓		
4	✓	✓		
5	✓	✓		
6	✓	✓		

Healthy Me AGE 6-7

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓				✓
3	✓				
4	✓				
5	✓				
6	✓				

Relationships AGE 6-7

Lesson	Social	Moral	Spiritual	Cultural
1	✓			✓
2		✓		
3	✓			
4	✓	✓		
5			✓	
6	✓			

Relationships AGE 6-7

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		✓			
2	✓				✓
3		✓			✓
4		✓			
5	✓				
6		✓			

Changing Me AGE 6-7

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	✓
3			✓	
4		✓	✓	
5		✓		
6			✓	

Changing Me AGE 6-7

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1			✓		✓
2	✓		✓		
3	✓				✓
4	✓				
5	✓				✓
6	✓			✓	

Being Me In My World AGE 7-8

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2	✓			✓
3	✓		✓	
4	✓	✓	✓	
5	✓	✓		
6	✓	✓		

Being Me In My World AGE 7-8

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓				✓
3		✓			
4	✓			✓	
5				✓	
6		✓			

Celebrating Difference AGE 7-8

Lesson	Social	Moral	Spiritual	Cultural
1				✓
2	✓			✓
3	✓			
4	✓	✓		
5	✓	✓		
6	✓		✓	

Celebrating Difference AGE 7-8

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓		✓		
2		✓			✓
3		✓	✓		
4		✓			
5	✓		✓		
6		✓			

Dreams & Goals AGE 7-8

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3	✓		✓	
4	✓		✓	
5	✓		✓	
6	✓		✓	

Dreams & Goals AGE 7-8

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1			✓		✓
2	✓				
3	✓	✓		✓	
4		✓		✓	✓
5		✓		✓	✓
6	✓	✓			✓

Healthy Me AGE 7-8

Lesson	Social	Moral	Spiritual	Cultural
1		✓		
2		✓	✓	
3		✓		
4	✓		✓	
5		✓		
6			✓	

Healthy Me AGE 7-8

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓				✓
3	✓				
4	✓				
5	✓				
6	✓				

Relationships AGE 7-8

Lesson	Social	Moral	Spiritual	Cultural
1	✓			✓
2	✓			
3	✓			
4		✓	✓	✓
5		✓	✓	✓
6	✓		✓	✓

Relationships AGE 7-8

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		✓		✓	
2		✓	✓		✓
3	✓				✓
4		✓	✓		
5	✓		✓		
6	✓	✓		✓	

Changing Me AGE 7-8

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3	✓		✓	
4	✓		✓	
5		✓		✓
6	✓			

Changing Me AGE 7-8

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓		✓		
3	✓				✓
4	✓				✓
5	✓		✓		
6	✓			✓	

Being Me In My World AGE 8-9

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2	✓			✓
3		✓		✓
4	✓	✓		
5	✓	✓		
6	✓			

Being Me In My World AGE 8-9

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		✓	✓		
2		✓	✓		
3			✓	✓	
4	✓			✓	
5		✓		✓	
6		✓		✓	

Celebrating Difference AGE 8-9

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2	✓	✓		
3		✓		✓
4	✓	✓		
5			✓	
6			✓	

Celebrating Difference AGE 8-9

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓		✓		
2	✓				
3			✓	✓	
4		✓	✓		
5	✓				
6	✓			✓	

Dreams & Goals AGE 8-9

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3			✓	
4			✓	
5	✓			
6	✓		✓	

Dreams & Goals AGE 8-9

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				✓
3	✓		✓		✓
4	✓			✓	✓
5	✓	✓		✓	
6	✓	✓			

Healthy Me AGE 8-9

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓			
3	✓	✓		
4	✓	✓		
5	✓			
6			✓	

Healthy Me AGE 8-9

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓	✓			✓
2	✓	✓			✓
3	✓	✓			
4	✓	✓			✓
5	✓	✓			
6	✓				

Relationships AGE 8-9

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2			✓	
3			✓	
4		✓		
5				
6			✓	

Relationships AGE 8-9

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				✓
3					✓
4			✓		
5					✓
6	✓		✓		

Changing Me AGE 8-9

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	✓
3	✓			
4			✓	
5				
6			✓	

Changing Me AGE 8-9

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				
3	✓				✓
4				✓	✓
5					✓
6	✓			✓	

Being Me In My World AGE 9-10

Lesson	Social	Moral	Spiritual	Cultural
1	✓			✓
2	✓			✓
3	✓			✓
4	✓	✓		
5	✓	✓		
6	✓	✓		

Being Me In My World AGE 9-10

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓		✓		
3	✓		✓		
4		✓		✓	
5		✓		✓	
6	✓			✓	

Celebrating Difference AGE 9-10

Lesson	Social	Moral	Spiritual	Cultural
1				✓
2		✓		✓
3	✓	✓		
4	✓	✓		
5				✓
6				✓

Celebrating Difference AGE 9-10

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓		✓		
2	✓		✓		
3				✓	✓
4		✓		✓	
5	✓		✓		
6	✓		✓		

Dreams & Goals AGE 9-10

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2	✓	✓		
3	✓			✓
4				✓
5	✓			✓
6			✓	✓

Dreams & Goals AGE 9-10

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2			✓	✓	
3	✓			✓	
4	✓		✓		
5		✓	✓		
6	✓		✓	✓	

Healthy Me AGE 9-10

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓		
2	✓	✓		
3	✓			
4	✓			✓
5	✓			✓
6			✓	

Healthy Me AGE 9-10

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				
3	✓				✓
4	✓				✓
5	✓		✓		
6				✓	

Relationships AGE 9-10

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2	✓			
3	✓			✓
4	✓			✓
5	✓			✓
6	✓			✓

Relationships AGE 9-10

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2		✓			✓
3	✓	✓			
4	✓	✓			✓
5	✓	✓		✓	
6	✓	✓		✓	

Changing Me AGE 9-10

Lesson	Social	Moral	Spiritual	Cultural
1				✓
2			✓	
3			✓	
4			✓	
5	✓	✓		
6	✓			✓

Changing Me AGE 9-10

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				✓
3	✓				✓
4			✓		
5	✓			✓	✓
6	✓			✓	✓

Being Me In My World AGE 10-11

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2			✓	✓
3		✓		✓
4	✓	✓		
5	✓	✓		
6	✓	✓		

Being Me In My World AGE 10-11

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		✓		✓	
2	✓		✓		
3	✓		✓		
4	✓			✓	
5		✓		✓	
6		✓		✓	

Celebrating Difference AGE 10-11

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓		✓	
3	✓	✓		
4	✓	✓		
5			✓	
6				✓

Celebrating Difference AGE 10-11

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓		✓		
2	✓		✓		
3	✓		✓		
4	✓				✓
5				✓	
6			✓		✓

Dreams & Goals AGE 10-11

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2			✓	
3	✓		✓	
4	✓	✓	✓	
5	✓	✓	✓	
6	✓		✓	

Dreams & Goals AGE 10-11

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2				✓	
3			✓	✓	
4			✓	✓	
5			✓	✓	
6	✓	✓			

Healthy Me AGE 10-11

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓	✓		
3	✓	✓		
4	✓	✓		
5		✓	✓	
6				

Healthy Me AGE 10-11

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓			✓	
3	✓			✓	
4	✓	✓			
5	✓				✓
6					

Relationships AGE 10-11

Lesson	Social	Moral	Spiritual	Cultural
1	✓		✓	
2			✓	✓
3			✓	
4	✓	✓		
5	✓	✓		✓
6	✓	✓		✓

Relationships AGE 10-11

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2			✓		✓
3			✓		✓
4			✓		✓
5				✓	
6				✓	

Changing Me AGE 10-11

Lesson	Social	Moral	Spiritual	Cultural
1				✓
2			✓	
3	✓			
4			✓	
5	✓			✓
6	✓			

Changing Me AGE 10-11

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				
2	✓				✓
3	✓				✓
4			✓		
5	✓	✓			✓
6				✓	✓

Being Me In My World AGE 11-12

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓	✓	
2	✓	✓	✓	
3	✓	✓		✓
4	✓	✓		✓
5	✓	✓		✓
6	✓	✓		✓

Being Me In My World AGE 11-12

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓	✓		✓	
2	✓	✓		✓	✓
3	✓	✓		✓	✓
4	✓			✓	✓
5	✓	✓			✓
6	✓	✓			✓

Celebrating Difference AGE 11-12

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓		✓
2	✓	✓		✓
3	✓	✓		✓
4	✓	✓		✓
5	✓	✓		
6	✓	✓		

Celebrating Difference AGE 11-12

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓	✓		✓	
2	✓	✓		✓	
3	✓	✓		✓	✓
4	✓	✓		✓	
5	✓	✓		✓	✓
6	✓	✓		✓	✓

Dreams & Goals AGE 11-12

Lesson	Social	Moral	Spiritual	Cultural
1	✓			
2	✓			
3	✓		✓	
4	✓			
5	✓			
6	✓			

Dreams & Goals AGE 11-12

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓			✓	
2	✓	✓		✓	
3	✓		✓	✓	✓
4	✓			✓	
5	✓	✓	✓	✓	✓
6	✓	✓		✓	

Healthy Me AGE 11-12

Lesson	Social	Moral	Spiritual	Cultural
1			✓	
2	✓			
3	✓	✓		
4	✓			✓
5	✓	✓		
6	✓	✓		

Healthy Me AGE 11-12

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				✓
2	✓		✓		✓
3	✓	✓		✓	
4	✓			✓	
5		✓			
6		✓			

Relationships AGE 11-12

Lesson	Social	Moral	Spiritual	Cultural
1		✓		
2	✓	✓		
3	✓			
4	✓	✓		✓
5	✓	✓		✓
6	✓	✓		

Relationships AGE 11-12

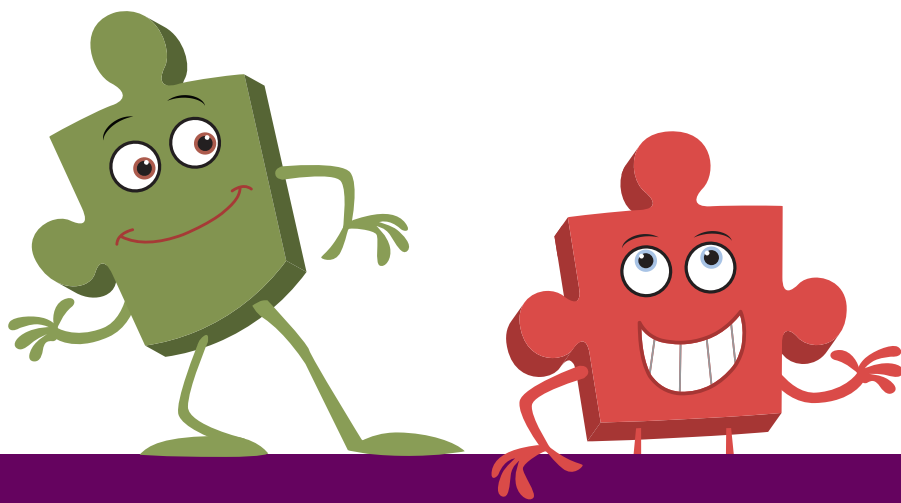
Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓	✓			✓
2	✓	✓			✓
3	✓	✓	✓		✓
4	✓	✓			✓
5	✓	✓		✓	✓
6	✓	✓		✓	✓

Changing Me AGE 11-12

Lesson	Social	Moral	Spiritual	Cultural
1	✓	✓		
2	✓	✓		✓
3	✓	✓		
4	✓			
5	✓		✓	
6	✓		✓	

Changing Me AGE 11-12

Lesson	Self-awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	✓				✓
2	✓	✓			✓
3	✓	✓	✓		✓
4	✓	✓			✓
5	✓	✓		✓	✓
6	✓	✓		✓	✓



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