

Year 1

What will my child be learning in this unit?

In this unit, children will learn how to feel safe, special, and valued in their class while using their Jigsaw Journal. They will explore belonging, understand their rights and responsibilities, and help create a class Learning Charter to make their classroom a safe and happy place. Children will also learn to recognise pride in their achievements and understand how their choices and behaviour have consequences for themselves and others.

How to Support at Home

- Discuss safety and belonging: Ask your child what helps them feel safe and happy in their classroom and at home.
- Talk about rights and responsibilities: Encourage simple responsibilities at home and explain how these help everyone live and learn happily together.
- Celebrate achievements: Talk about things your child feels proud of and praise their effort and positive behaviour.
- Explore choices and consequences: Discuss everyday choices your child makes and what happens as a result, helping them understand positive and negative outcomes.
- Reinforce shared rules: Remind your child how following rules at home and school helps everyone feel safe, respected, and included.

Simple Activity: "My Safe and Happy Place"

1. Ask your child to draw a picture of a place where they feel safe and happy (at home or school).
2. Talk about why it feels safe and what people do to make it that way.
3. Ask your child to share something they are proud of and how their choices helped make that happen.



Being Me In My World

Parent Support Guide

This guide helps parents support their children in exploring their own identity, understanding their feelings, recognising their strengths and goals, and learning how they belong in different groups, such as school, family, and the wider community. It also encourages children to develop responsibility, confidence, and a sense of fairness.



Celebrating Difference

Parent Support Guide

This guide helps parents support their children in learning about celebrating difference, inclusion and respectful relationships. Children explore how everyone is unique, develop empathy and kindness towards others, challenge stereotypes and bullying, and learn how respect, acceptance and understanding help create safe, welcoming and inclusive communities.

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What will my child be learning in this unit?

In this unit, children learn that everyone is both similar and different, and that these differences make each person special. They explore how similarities help us build friendships, whilst learning to respect and celebrate the things that make us unique. Children develop an understanding of what bullying is, how it can make someone feel and what they should do if they or someone else is being bullied. They also learn how to make new friends, include others and show kindness so that everyone feels safe, valued and welcome.

How to Support at Home

- Celebrate similarities and differences: Talk about how family members and friends are alike and different, and why every person is unique.
- Encourage inclusion: Discuss ways to help someone who feels left out and praise your child when they include others in games or activities.
- Talk about friendships: Ask what makes a good friend and encourage your child to show kindness, listen carefully and share with others.
- Discuss bullying: Explain that bullying is repeated, intentional and hurtful, and remind your child to tell a trusted adult if they are worried about themselves or someone else.
- Model respectful language: Encourage your child to use kind words and speak respectfully about everyone, even when they are different.

Simple Activity: "Same and Different"

- 1) Choose a family member or friend and draw two circles like a Venn diagram.
- 2) In the middle, write or draw things you both have in common.
- 3) In the outside sections, draw or write things that are different about each of you.
- 4) Finish by asking: How do our similarities help us become friends, and why are our differences something to celebrate?



Dreams and Goals

Parent Support Guide

This guide helps parents support their children in learning about goals, aspirations and perseverance. Children explore how effort, resilience and teamwork help them overcome challenges, celebrate success and develop confidence in themselves and others.

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What will my child be learning in this unit?

In this unit, children learn to recognise their strengths and set simple goals. They explore how to plan steps towards a goal, discover how they learn best and understand that trying again helps them succeed. Children practise working well with a partner by listening, sharing ideas and celebrating shared achievements. They learn that new challenges can stretch their learning and develop the language to talk about how challenges and obstacles make them feel. The unit finishes by helping children reflect on success, celebrate their achievements and understand how remembering positive experiences can build confidence and support wellbeing.

How to Support at Home

- Talk about strengths: Ask your child what they feel they are good at and praise effort as well as success.
- Set small goals together: Help your child choose a simple goal (e.g. practising reading or tidying toys), break it into small steps and talk about what helps them learn best.
- Normalise challenge: Reassure your child that finding things tricky helps their learning grow.
- Problem-solve obstacles: When something is difficult, ask what might help them keep going and how they feel before and after succeeding.
- Celebrate success: Notice and celebrate achievements, helping your child remember how good success feels.

Simple Activity: "My Goal and My Treasure Chest"

1. Help your child choose a small goal they want to achieve.
2. Talk about what steps they could take and what might make it tricky.
3. Encourage them to try, praising effort and perseverance.
4. When the goal is achieved, ask how they feel and how they want to celebrate.
5. Invite your child to draw or write their success and place it in an imaginary or real "treasure chest" to help remember the proud feeling.



Healthy Me

Parent Support Guide

This guide helps parents support their children in the *Healthy Me* unit of PSHE. Across the unit, children explore how to keep their bodies and minds healthy, make positive choices about food, exercise, rest, and personal hygiene, and understand how to stay safe in different situations. They develop awareness of how their actions affect their wellbeing, learn to manage feelings and peer pressure, and build confidence, resilience, and responsibility as they make healthy choices for themselves and others.

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What will my child be learning in this unit?

Children learn how to make healthy lifestyle choices and feel proud when they take care of themselves. They explore healthy eating, exercise, sleep, hygiene, dental care and sun safety, learning how these help keep their bodies and minds healthy. They learn about germs and how to stop them spreading, understand that medicines can help when used safely with a trusted adult, and develop strategies to stay safe when crossing roads and asking for help. Throughout the unit, children celebrate how healthy habits help them feel happy, safe and strong.

How to Support at Home

- **Praise healthy choices:** Notice when your child eats fruit, washes their hands, brushes their teeth, drinks water or is physically active.
- **Talk about hygiene:** Explain why washing hands with soap helps stop germs spreading and why household products and medicines should only be used with a trusted adult.
- **Discuss safety:** Practise the Stop, Look, Listen, Think routine when crossing roads and talk about trusted adults they can ask for help.
- **Encourage healthy routines:** Talk about the importance of sleep, keeping active and protecting skin in sunny weather.
- **Celebrate effort:** Encourage your child to recognise how healthy habits help them feel happy, safe and strong.

Simple Activity: "Healthy Habits Chart"

1. Create a chart with healthy habits (e.g. washing hands, brushing teeth, eating fruit, drinking water, being active, getting enough sleep).
2. Each day, ask your child to tick the healthy habits they completed.
3. At the end of the week, talk about which habits helped them feel happy, healthy and full of energy.



Relationships

Parent Support Guide

This guide helps parents support their children in the Relationships unit of PSHE. Across the unit, children explore how to build positive and safe relationships with family, friends, and others. They learn to recognise and manage emotions, develop empathy, communicate effectively, and resolve conflicts. Children also reflect on personal boundaries, appreciate the importance of trust and support networks, understand the impact of online interactions, and practise showing kindness, gratitude, and respect. The unit helps them build confidence, resilience, and social responsibility as they develop healthy, caring, and respectful relationships.

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What will my child be learning in this unit?

In this unit, children learn about different types of families and what it means to belong. They explore what makes a good friend, how to make new friends and how to resolve simple friendship disagreements. Children learn about personal boundaries, including different ways to greet others and that they have the right to choose whether physical contact, such as a hug or high five, feels comfortable for them. They also learn who can help them in school, how to ask for help and why it's important to keep asking if the first person is unavailable. Alongside this, children develop confidence by recognising their own strengths and learn to show appreciation for the people who are special to them.

How to Support at Home

- **Talk about family:** Discuss your family and how you care for one another.
- **Encourage friendships:** Talk about what makes a good friend and how to solve small disagreements kindly.
- **Discuss personal boundaries:** Reinforce that it's okay to say no to unwanted touch and that everyone has different preferences.
- **Identify trusted adults:** Help your child know who they can ask for help and remind them to keep asking if needed.
- **Build confidence:** Encourage your child to talk about the things they are good at.
- **Show appreciation:** Support your child in thanking and celebrating people who are special to them.

Simple Activity: "Thank You Message"

1. Ask your child to choose someone special to them.
2. Talk about why that person is important.
3. Create a simple thank-you message or picture together
4. Share it with them and talk about how it made both of you feel.



Changing Me

Parent Support Guide

This guide helps parents support their children in the *Changing Me* unit of Jigsaw PSHE. Across the unit, children explore how their bodies grow and change over time, including understanding the life cycles of humans and, in an age-appropriate way, the changes that happen during puberty. They learn to recognise and manage the feelings that can come with these changes, develop a positive understanding of themselves, and build confidence in talking about their bodies and emotions. The unit also supports children in understanding relationships, personal boundaries, and the importance of respect and privacy, helping them to feel prepared, reassured, and empowered as they grow and change.

Year 1



What will my child be learning in this unit?

In this unit, children learn about how humans and animals grow and change throughout their life cycles. They explore how they have changed physically and in what they can do since being babies, understanding that everyone grows and develops at their own rate. Children learn to describe changes in their bodies and identify things about themselves that have stayed the same. They are introduced to correct vocabulary for private body parts (penis, testicles, vulva, and anus) and learn that these parts are private and should be respected. *The use of correct scientific language supports children's understanding of their bodies, helps them communicate clearly, and is an important part of safeguarding, as it enables children to name parts of their body accurately if they ever need to seek help or report concerns.* The unit also supports children in understanding that learning new skills leads to personal growth and change. They reflect on their experiences of learning, identify different feelings linked to change, and begin to develop strategies for coping with changes in their lives. Overall, the unit helps children build confidence, resilience, and a positive understanding of themselves as they grow.

How to Support at Home

- **Talk about growing and change:** Share memories and photos from when your child was younger and discuss how they have changed and developed over time.
- **Use correct language for body parts:** Reinforce the use of accurate, age-appropriate names for body parts and explain that this helps children communicate clearly and stay safe.
- **Support feelings about change:** Encourage your child to talk about different feelings linked to growing, learning, and change, reassuring them that all feelings are normal and valid.

Simple Activity: "My Changing Me Timeline"

1. Draw three stages: baby, younger child, and now.
2. Add something your child could do at each stage (e.g. crawling, walking, reading)
3. Talk together about what has changed and what has stayed the same.