

Year 3

What will my child be learning in this unit?

In this unit, children will recognise their own worth, identify positive qualities and achievements, and set personal goals. They will learn to face new challenges positively, understand and manage their feelings, and recognise emotions in others. Children will explore why rules are needed, how rights and responsibilities create a fair community, and how their actions affect others. They will practise working cooperatively, showing empathy, considering different viewpoints, and following the class Learning Charter to build positive relationships.

How to Support at Home

- Celebrate achievements: Encourage your child to share what they are proud of and talk about the effort they put in.
- Discuss feelings and empathy: Talk about different emotions and how we can recognise how others might be feeling.
- Reinforce responsibility and rules: Discuss how rules at home help everyone feel safe and how choices lead to consequences.
- Encourage goal-setting and cooperation: Help your child set a simple goal and find ways to work positively with others.

Simple Activity: "My Goals and Kind Actions"

1. Ask your child to draw a two-column chart: one side for Personal Goals and the other for Kind Actions.
2. Help them write or draw one goal they want to achieve and one way to make someone feel valued.
3. Check in during the week and celebrate effort, kindness, and progress together.



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 all families are different and that everyone deserves to feel loved, safe and valued. They explore healthy ways to resolve disagreements, understand that conflict can happen in families and friendships, and learn when it is important to seek help from a trusted adult. Children also develop their understanding of bullying, the important role of bystanders, and how words can affect others. They learn to challenge hurtful language, show empathy, use kind communication and recognise how compliments and positive words help build respectful, caring relationships.

How to Support at Home

- Value every family: Celebrate the people who care for your child and discuss how families can be different.
- Model calm conflict resolution: Encourage listening, taking turns and finding solutions together.
- Talk about bullying: Discuss how to support others safely and remind your child to tell a trusted adult if they are worried.
- Promote respectful language: Encourage kind words and explain why hurtful language is never acceptable.
- Give genuine compliments: Help your child notice and praise the positive qualities of others.

Simple Activity: "Kind Words Matter"

- 1) Ask each family member to give another person a genuine compliment.
- 2) Talk about how receiving kind words makes people feel.
- 3) Discuss how unkind words can affect someone's emotions.
- 4) Finish by asking: How can your words help someone have a better day?



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 about dreams, ambitions and resilience. They explore real-life examples of people who have overcome challenges, developing respect and admiration for others. Children identify a dream that is important to them, break goals into manageable steps and recognise how others can help them succeed. Children learn that safe and healthy choices support learning and wellbeing. They develop responsibility for their own learning by using their strengths, staying motivated and working with others. The unit also helps children recognise obstacles, manage feelings of frustration and reflect on their learning so they can improve and feel proud of their achievements.

How to Support at Home

- Talk about role models: Discuss role models and how they overcame challenges.
- Encourage ambition: Ask your child about their dreams or goals and what steps might help achieve them.
- Promote resilience: Reassure your child that frustration is normal and talk through strategies to manage it.
- Celebrate reflection: Encourage your child to talk about what went well and what they might do differently next time.
- Share success: Celebrate achievements and help your child remember how success feels.
- Encourage healthy choices: Talk about how sleep, exercise, healthy eating and asking for help can support learning and achieving goals.

Simple Activity: "Steps to Success"

1. Ask your child to choose a personal goal or challenge.
2. Help them break it into small, achievable steps.
3. Talk about possible obstacles and how they could manage frustration.
4. When the goal or step is achieved, ask how it feels and encourage them to share their success.
5. Help your child note one thing they would do differently next time.





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.

Year 3



What will my child be learning in this unit?

Children learn how exercise, healthy eating and balanced lifestyles help keep their bodies healthy. They explore how food provides energy, begin to understand that medicines are a type of drug and learn why they should never touch unknown substances. They develop strategies for keeping themselves safe, including knowing when to call 999, staying safe near water, recognising unsafe situations and asking trusted adults for help. Throughout the unit, children celebrate what their amazing bodies can do and how to take care of them.

How to Support at Home

- **Keep active together:** Encourage your child to take part in daily physical activity and celebrate improvements towards a personal fitness goal.
- **Talk about healthy choices:** Look at food labels together and discuss why a balanced diet is important.
- **Practise safety:** Discuss what to do in an emergency, when to call 999, and how to stay safe near water.
- **Medicine safety:** Remind your child never to touch unknown medicines or substances and always tell a trusted adult.
- **Talk about feelings:** Encourage your child to share when they feel worried, anxious or unsafe and reassure them that asking for help is the right thing to do.

Simple Activity: "Healthy Me Challenge"

1. Choose one healthy or safe action each day (e.g. go for a walk, drink water, read a food label, practise road or water safety rules).
2. Tick each activity off on a weekly chart.
3. At the end of the week, talk about how these choices helped you stay healthy and safe.



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.



Year 3

What will my child be learning in this unit?

In this unit, children explore family roles and responsibilities, challenging gender stereotypes and recognising the importance of fairness. They develop friendship skills such as listening, taking turns and resolving conflicts positively. Children learn how to stay safe online, think critically about what they see and know who to ask for help if something worries them. They explore how media can influence opinions, question stereotypes and develop respect for different cultures and communities. The unit also introduces children's rights, helping pupils understand that all children deserve to feel safe, valued and respected. They develop empathy for others and learn to show appreciation for friends and family.

How to Support at Home

- **Discuss family responsibilities:** Talk about roles at home and how helping makes everyone feel included.
- **Support friendship skills:** Encourage turn-taking, listening, and fair compromise in play and group activities.
- **Talk about online safety:** Reinforce rules for staying safe online and asking for help if something worries them.
- **Question media messages:** Discuss images, stories, or adverts and whether they might be biased or stereotyped.
- **Encourage empathy:** Talk about how other children's lives might be similar or different and how it feels.

Simple Activity: "Appreciation Notes"

1. Ask your child to write or draw a note to someone they value.
2. Talk about why that person is important.
3. Share the note and reflect on how showing appreciation feels.



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.

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What will my child be learning in this unit?

In this unit, children learn about how humans and animals grow and change over time, from birth to adulthood. They explore life cycles and understand that all living things develop in different ways. Children are introduced to the physical and emotional changes that happen during puberty. They learn that puberty is a natural part of growing up and that bodies change at different times for different people. This includes learning that boys' and girls' bodies change on the outside in preparation for adulthood. New scientific vocabulary is introduced, including nipples and pubic hair, alongside learning about how bodies develop as part of the natural growth process. Children also learn about personal hygiene and how taking care of their bodies becomes more important as they grow. They explore respectful attitudes towards families and begin to recognise that family roles and structures can be different. The unit also supports children in reflecting on feelings about change and preparing for moving to a new class, helping them to build confidence and resilience.

How to Support at Home

- **Talk about growing and change:** Discuss how people and animals change over time and reassure your child that everyone develops at different rates.
- **Use correct scientific vocabulary:** Reinforce accurate, age-appropriate language for body parts and puberty-related changes in a calm and matter-of-fact way.
- **Support openness about change:** Encourage your child to ask questions and talk about feelings linked to growing up, hygiene, and transition to a new class.

Simple Activity: "Growing Up Conversation"

1. Talk together about changes that happen as people grow from baby to adult.
2. Ask your child to share one thing they are looking forward to as they grow.
3. Discuss one way they can take care of their body as they get older.

