Jigsaw Knowledge and skills progression: Changing Me Ages 3-11

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 Changing Me 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.

<table>
<tr><td rowspan="5">Ages 3-5</td><td colspan="2">Puzzle overview: Changing Me</td></tr>
<tr><td colspan="2">Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change in lots of different ways as we get older. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.</td></tr>
<tr><td>Knowledge</td><td>Social and emotional skills</td></tr>
<tr><td>• I know the names and functions of some parts of the body
• I understand that we grow from baby to adult
• I know who to talk to if I am feeling worried
• I understand that sharing how I feel can help solve a problem or worry
• I understand that remembering happy times can help us move on</td><td>• I recognise that changing class can elicit happy and/or sad emotions
• I know I can say how I feel about changing class or growing up
• I can identify how I have changed from a baby
• I understand what might change as I get older and explore how this makes me feel
• I can identify positive memories from the past year in school/home</td></tr>
<tr><td colspan="2">Vocabulary</td></tr>
<tr><td colspan="2">angry, argue, calm, family, feelings, friends, jobs, lonely, relationships, upset</td></tr>
</table>

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Supporting 'Changing Me' puzzle at home: A Guide for Families

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.

Ages 3-5

Talking Together: suggested questions to support Changing Me learning at home		
Growing and changing • How were you different when you were a baby? • What can you do now that you couldn't do before? • What are you looking forward to as you get older?	**Knowing our bodies** • What are some parts of your body and what do they help you do? • How does your body help you play and learn? • Why is it important to take care of our bodies?	**Talking about feelings** • How do you feel about growing up? • What can you do when you feel worried or upset? • Who can you talk to if you need help?
Getting help and solving problems • Who helps you when you have a problem? • What can you do if something is worrying you? • How can sharing your feelings help solve problem?	**Happy memories** • What are some happy memories from this year? • How can remembering happy times help when we feel sad? • What special things do you remember doing?	**Feelings about change** • How can change make us feel happy and sad at the same time? • What changes are happening for you soon? • What can help you feel calm about change?
Resources and additional support for Families		
• NSPCC - Early Years Resources – guidance to help children understand feelings and transitions • BBC Tiny Happy People – resources to support emotional development and communication • Anna Freud Common difficulties for under fives • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.		
School-based and local resources (editable box for teachers):		

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