



Jigsaw PSHE Summer 1 - Relationships (Y4)

This term, the Jigsaw unit we will be covering in PSHE is 'Relationships'. This unit is focused around our relationships with others, rights and responsibilities and recognising/managing risks in our lives. The 'puzzle pieces' explored are detailed below, as is the core vocabulary we will be teaching and using.

In this Puzzle the class explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.

Puzzle Pieces (lessons)

1. Jealousy (recognising situations that cause jealousy; identifying jealous feelings and how to problem solve these).
2. Love and Loss (identifying people we love; empathising with those who have lost someone they love).
3. Memories (talking about people we no longer see; understanding that we can remember people even if we no longer see them).
4. Getting On and Falling Out (understanding that friendships change; making new friends; managing fallouts; learning to stand up for ourselves; negotiation and compromise).
5. Girlfriends and Boyfriends (understanding special relationships that will come into our lives in the future; understanding that there should be no pressure to form these special relationships).
6. Celebrating Relationships (knowing how to show love to cherished people and animals; understanding that we are entitled to love and be loved).

Vocabulary

Relationship, close, jealousy, emotions, positive, negative, loss, shock, disbelief, numb, denial, guilt, sadness, pain, despair, hope, souvenir, Memento, memorial, acceptance, relief, remember, negotiate, compromise, loyal, empathy, Betrayal, amicable, love.

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.