JIGSAW PSHE

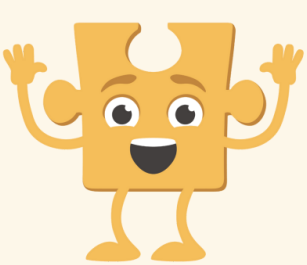


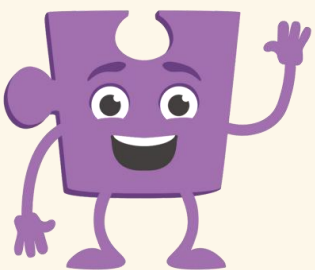
JIGSAW WALES

What is Jigsaw, the mindful approach to Health and Well-being (ages 3-11)?

A guide for parents and carers

July 2026







The Curriculum for Wales

The Curriculum for Wales has a key role to play in helping children and young people navigate the world safely.

Parents/ Families have a central role to play in supporting their children. There is also a crucial role for schools - especially in a world where potentially there is so much incorrect and misleading information, harmful materials, which can be found circulating online.

The Health and Well-being Area of Learning and Experience (AoLE) is a statutory requirement within the Curriculum for Wales framework. It is one of the six core Areas of Learning and Experience mandated for all learners aged 3 to 16 in maintained schools and funded non-maintained settings

What schools teach:

The Curriculum for Wales states, *"The Health and Well-being Area of Learning and Experience provides a holistic structure for understanding health and well-being. It is concerned with developing the capacity of learners to navigate life's opportunities and challenges."*

The Areas of Learning and Experience is expressed in five statements, which are;

- Developing physical health and wellbeing that has life-long benefits
- How we process and respond to our experiences affects our mental health and emotional well-being
- Our decision- making impacts on the quality of our lives and the lives of others.
- How we engage with social influences shapes who we are and affects our health and well-being
- Healthy relationships are fundamental to our wellbeing

The Schools Jigsaw Programme supports the requirements in Wales and has children's wellbeing at its heart. The Jigsaw scheme of work supports schools in achieving the four purposes, namely for learners to become:

- Purpose 1: ambitious, capable learners, who are ready to learn throughout their lives
- Purpose 2: enterprising, creative contributors, who are ready to play a full part in life and work
- Purpose 3: ethical, informed citizens, who are ready to be citizens of Wales and the world
- Purpose 4: healthy, confident individuals, who are ready to lead fulfilling lives as valued members of society

RSE- Relationships and Sexuality Education

Relationships and Sexuality Education (RSE) is statutory in Wales. It is a mandatory requirement under the Curriculum and Assessment (Wales) Act 2021.

RSE plays an important role for the safeguarding and protection of all learners in Wales. Our school RSE Policy will provide parents and families further information.

What is Jigsaw, the mindful approach to Health and Well-being?

Jigsaw is a comprehensive and completely original PSE programme (lesson plans and teaching resources) for the whole primary school from ages 3-11, providing schools with the support to deliver the Health and Wellbeing Area of Learning and Experience of the Curriculum.

The Jigsaw PSE Programme also covers the Relationships and Sexuality Education Code. In Wales there are two phases known as phases 1 and 2.

- **Phase 1 (Ages 3-7):** Focuses on kindness, empathy, families, friendships, and understanding personal boundaries and privacy.
- **Phase 2 (Ages 7-11):** Builds on earlier learning to cover respectful relationships, the human body, physical and emotional changes, and online safety.

Jigsaw PSE has two main aims for all children:

- To build their capacity for learning
- To equip them for life

Jigsaw brings together PSE, Relationships and Sexuality Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed to support a whole school approach, with all year groups working on the same theme (Puzzle) at the same time at their own stage of learning throughout the terms and across the year.

There are six Puzzles (half-term units of work) and each year group is taught one lesson per week. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

Additional Information

There are numerous additional aspects of the Jigsaw Programme to enhance the learning experience, including the Jigsaw Friends (jigsaw-shaped soft toys used as teaching aids), Jigsaw Chimes and Jigsaw Jerrie Cats (used to help and encourage calming and mindfulness practice).

Every Jigsaw lesson includes mindfulness practice. Mindfulness is being able to observe your own thoughts and feelings as they happen, in the present moment, applying no judgement. Jigsaw teaches children to understand their thoughts and feelings through the Calm Me time exercises. Learning is thus enhanced as emotions and behaviour are self-regulated.

Jigsaw overview of themes

The overview below summarises the content in each of Jigsaw's units of work (Puzzles):

Being Me in My World
covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.
Celebrating Difference
focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normality'. Anti-bullying, including cyber and homophobic bullying, is an important aspect of this Puzzle.
Dreams and Goals
aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.
Healthy Me
covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, personal hygiene, substance use and misuse, being safe, first aid).
Relationships
starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups and consider stereotypes.
Changing Me

deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles and human reproduction will be taught in a sensitive manner.

How can I find out more information about Jigsaw?

The best thing to do is to talk to your child's teacher about how Jigsaw is taught in school. Alternatively, you can talk to the school's head teacher, or the teacher who is responsible for leading PSE or Health and Well-being across the school. Parents and carers are also very welcome to visit the Jigsaw website.