

Puzzle 5 - Relationships

Puzzle overview - Reception

Pieces	Puzzle Outcome
1. My family and me!	I can identify some of the jobs I do in my family and how I feel I belong.
2. Make friends, make friends, never ever break friends! (part 1)	I know how to make friends to stop myself from feeling lonely.
3. Make friends, make friends, never ever break friends! (part 2)	I can think of ways to solve problems and stay friends.
4. Falling out and bullying (part 1)	I am starting to understand the impact of unkind words.
5. Falling out and bullying (part 2)	I can use 'Calm Me' time to manage my feelings.
6. Being the best friends we can be	I know how to be a good friend.

Puzzle 5 - Relationships

Puzzle overview - Year 1

Pieces	Puzzle Outcome
1. Families	<p>I can identify the members of my family and understand that there are lots of different types of families.</p> <p>I know how it feels to belong to a family and care about the people who are important to me.</p>
2. Making Friends	<p>I can identify what being a good friend means to me.</p> <p>I know how to make a new friend.</p>
3. Greetings	<p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I recognise which forms of physical contact are acceptable and unacceptable to me.</p>
4. People who help us	<p>I know who can help me in my school community.</p> <p>I know when I need help and know how to ask for it.</p>
5. Being my own best friend	<p>I recognise my qualities as a person and a friend.</p> <p>I know ways to praise myself.</p>
6. Celebrating my special relationships	<p>I can tell you why I appreciate someone who is special to me.</p> <p>I can express how I feel about them.</p>

Puzzle 5 - Relationships

Puzzle overview - Year 2

Pieces	Puzzle Outcome
1. Families	<p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.</p> <p>I accept that everyone's family is different and understand that most people value their family.</p>
2. Keeping safe - exploring physical contact	<p>I understand that there are lots of forms of physical contact within a family and that some of these are acceptable and some are not.</p> <p>I know which types of physical contact I like and don't like and be able talk about this.</p>
3. Friends and conflict	<p>I can identify some of the things that cause conflict with my friends.</p> <p>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</p>
4. Secrets	<p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p> <p>I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.</p>
5. Trust and appreciation	<p>I can recognise and appreciate people who can help me in my family, my school and my community.</p> <p>I understand how it feels to trust someone.</p>
6. Celebrating my special relationships	<p>I express my appreciation for the people in my special relationships.</p> <p>I can be comfortable accepting appreciation from others.</p>

Puzzle 5 - Relationships

Puzzle overview - Year 3

Pieces	Puzzle Outcome
1. Family roles and responsibilities	<p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</p> <p>I can describe how taking some responsibility in my family makes me feel.</p>
2. Friendship	<p>I can identify and put into practice some of the skills of friendship.</p> <p>I know how to negotiate in conflict situations to try to find a win-win solution.</p>
3. Keeping myself safe online	<p>I know and use some strategies for keeping myself safe online.</p> <p>I know who to ask for help if I am worried or concerned about anything online.</p>
4. Being a global citizen 1	<p>I can explain how some of the actions and work of people around the world help and influence my life.</p> <p>I can show an awareness of how this could affect my choices.</p>
5. Being a global citizen 2	<p>I understand how my needs and rights are shared by children around the world and to identify how our lives may be different.</p> <p>I can empathise with children whose lives are different to mine and appreciate what I may learn from them.</p>
6. Celebrating my web of relationships	<p>I know how to express my appreciation to my friends and family.</p> <p>I enjoy being part of a family and friendship groups.</p>

Puzzle 5 - Relationships

Puzzle overview - Year 4

Pieces	Puzzle Outcome
1. Jealousy	<p>I can recognise situations which can cause jealousy in relationships.</p> <p>I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.</p>
2. Love and loss	<p>I can identify someone I love and express why they are special to me.</p> <p>I know how most people feel when they lose someone or something they love.</p>
3. Memories	<p>I can tell you about someone I know that I no longer see.</p> <p>I understand that we can remember people even if we no longer see them.</p>
4. Getting on and falling out	<p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p> <p>I know how to stand up for myself and how to negotiate and compromise.</p>
5. Girlfriends and boyfriends	<p>I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older.</p> <p>I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend.</p>
6. Celebrating my relationships with people and animals	<p>I know how to show love and appreciation to the people and animals who are special to me.</p> <p>I know that I can love and be loved.</p>

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Puzzle overview - Year 5

Pieces	Puzzle Outcome
1. Recognising me	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I know how to keep building my own self-esteem.</p>
2. Safety with online communities	<p>I understand that belonging to an online community can have positive and negative consequences.</p> <p>I can recognise when an online community feels unsafe or uncomfortable.</p>
3. Being in an online community	<p>I understand there are rights and responsibilities in an online community or social network.</p> <p>I can recognise when an online community is helpful or unhelpful to me.</p>
4. Online gaming	<p>I know there are rights and responsibilities when playing a game online.</p> <p>I can recognise when an online game is becoming unhelpful or unsafe.</p>
5. My relationship with technology: screentime	<p>I recognise when I am spending too much time using devices (screen time).</p> <p>I can identify things I can do to reduce screen time, so my health isn't affected.</p>
6. My relationship with technology: staying safe and happy online	<p>I can explain how to stay safe when using technology to communicate with my friends.</p> <p>I recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others.</p>

Puzzle 5 - Relationships

Puzzle overview - Year 6

Pieces	Puzzle Outcome
1. What is mental health?	<p>I know that it is important to take care of my mental health.</p> <p>I understand that people can get problems with their mental health and that it is nothing to be ashamed of.</p>
2. My mental health	<p>I know how to take care of my mental health.</p> <p>I can help myself and others when worried about a mental health problem.</p>
3. Love and loss	<p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.</p> <p>I recognise when I am feeling those emotions and have strategies to manage them.</p>
4. Power and control	<p>I recognise when people are trying to gain power or control.</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</p>
5. Being online: real or fake? safe or unsafe?	<p>I can judge whether something online is safe and helpful for me.</p> <p>I can resist pressure to do something online that might hurt myself or others.</p>
6. Using technology responsibly	<p>I can use technology positively and safely to communicate with my friends and family.</p> <p>I can take responsibility for my own safety and well-being.</p>