



SMSC and Emotional Literacy



PSHE provides a structured programme of personal development to nurture the 'whole child' and increase learning capacity, underpinned by mindfulness philosophy and practice. Every lesson from Early Years to Upper Key Stage 2 offers opportunities for children's spiritual, moral, social and cultural (SMSC) development, and this is clearly mapped and balanced across each year group. Likewise, Jigsaw is designed to provide structured opportunities in every lesson to practise and enhance the five skills associated with the emotional literacy (self-awareness, social skills, empathy, motivation and managing feelings). We believe that these opportunities are vital for children's development, their understanding of themselves and others and in increasing their capacity to learn. The following grids give a quick visual reference and summary of where these opportunities sit within Jigsaw.

Nursery

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	√
2	√	√	√	
3	√	√	√	
4		√	√	√
5	√	√	√	√
6	√	√	√	√

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1	√	√	√	
2	√	√	√	√
3	√	√	√	√
4		√	√	√
5	√	√	√	√
6	√	√	√	√

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	√
2	√	√		
3	√	√		
4	√	√	√	
5	√	√	√	√
6	√	√	√	

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1			√	√
2		√	√	√
3	√		√	√
4	√		√	√
5	√	√	√	√
6		√	√	√

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1		√	√	√
2	√	√	√	
3		√	√	√
4		√	√	√
5	√	√	√	√
6	√	√	√	√

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1	√			
2	√	√	√	√
3		√		
4	√		√	√
5	√	√	√	
6	√	√	√	√

Reception

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	√
2	√	√	√	
3	√	√	√	
4		√	√	√
5	√	√	√	√
6	√	√	√	√

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1	√	√	√	
2	√	√	√	√
3	√	√	√	√
4		√	√	√
5	√	√	√	√
6	√	√	√	√

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	√
2	√	√		
3	√	√		
4	√	√	√	
5	√	√	√	√
6	√	√	√	

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1			√	√
2		√	√	√
3	√		√	√
4	√		√	√
5	√	√	√	√
6		√	√	√

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1		√	√	√
2	√	√	√	
3		√	√	√
4		√	√	√
5	√	√	√	√
6	√	√	√	√

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1	√			
2	√	√	√	√
3		√		
4	√		√	√
5	√	√	√	
6	√	√	√	√

Year 1

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2	√	√		
3	√	√		
4	√	√		
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√	√			
2	√				
3	√		√		
4	√	√			
5		√		√	
6		√		√	

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1	√			
2	√			
3	√			
4	√	√		
5	√	√		
6	√		√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				
3			√		
4			√		
5		√			
6	√				

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3	√			
4			√	
5			√	
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√			√	
3		√		√	
4	√			√	
5	√			√	√
6	√				√

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1	√	√		
2	√	√		
3	√	√		
4	√	√		
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√			√	
3	√			√	
4	√				
5	√				
6	√			√	

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1				√
2	√			
3	√			
4	√			
5			√	
6	√		√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				√
2		√			√
3		√			√
4		√			
5	√				
6		√			

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3			√	
4		√	√	
5			√	
6			√	√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1			√		√
2	√				√
3	√		√		
4	√				
5	√				
6	√				√

Year 2

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2	√	√		
3	√		√	
4	√		√	
5	√		√	
6		√	√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2		√			
3		√			
4		√		√	
5		√		√	
6	√				

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1	√			√
2	√			√
3	√			
4	√	√		
5	√	√		
6	√			

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√		√		
2	√		√		
3		√	√		
4		√	√		
5		√	√		
6		√	√		

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3	√			
4	√			
5	√			
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				√
2	√				√
3		√			
4		√			√
5		√			√
6		√			√

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1		√	√	
2			√	
3	√	√		
4	√	√		
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√				√
3	√				
4	√				
5	√				
6	√				

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1	√			√
2		√		
3	√			
4	√	√		
5			√	
6	√			

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		√			
2	√				√
3		√			√
4		√			
5	√				
6		√			

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	√
3			√	
4		√	√	
5		√		
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1			√		√
2	√		√		
3	√				√
4	√				
5	√				√
6	√			√	

Year 3

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2	√			√
3	√		√	
4	√	√	√	
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√				√
3		√			
4	√			√	
5				√	
6		√			

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1				√
2	√			√
3	√			
4	√	√		
5	√	√		
6	√		√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√		√		
2		√			√
3		√	√		
4		√			
5	√		√		
6		√			

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3	√		√	
4	√		√	
5	√		√	
6	√		√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1			√		√
2	√				
3	√	√		√	
4		√		√	√
5		√		√	√
6	√	√			√

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1		√		
2		√	√	
3		√		
4	√		√	
5		√		
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√				√
3	√				
4	√				
5	√				
6	√				

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1	√			√
2	√			
3	√			
4		√	√	√
5		√	√	√
6	√		√	√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		√		√	
2		√	√		√
3	√				√
4		√	√		
5	√		√		
6	√	√		√	

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3	√		√	
4	√		√	
5		√		√
6	√			

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√		√		
3	√				√
4	√				√
5	√		√		
6	√			√	

Year 4

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2	√			√
3		√		√
4	√	√		
5	√	√		
6	√			

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		√	√		
2		√	√		
3			√	√	
4	√			√	
5		√		√	
6		√		√	

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2	√	√		
3		√		√
4	√	√		
5			√	
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√		√		
2	√				
3			√	√	
4		√	√		
5	√				
6	√			√	

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3			√	
4			√	
5	√			
6	√		√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				√
3	√		√		√
4	√			√	√
5	√	√		√	
6	√	√			

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1	√			
2	√			
3	√	√		
4	√	√		
5	√			
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√	√			√
2	√	√			√
3	√	√			
4	√	√			√
5	√	√			
6	√				

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2			√	
3			√	
4		√		
5				
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				√
3					√
4			√		
5					√
6	√		√		

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	√
3	√			
4			√	
5				
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				
3	√				√
4				√	√
5					√
6	√			√	

Year 5

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√			√
2	√			√
3	√			√
4	√	√		
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√		√		
3	√		√		
4		√		√	
5		√		√	
6	√			√	

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1				√
2		√		√
3	√	√		
4	√	√		
5				√
6				√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√		√		
2	√		√		
3				√	√
4		√		√	
5	√		√		
6	√		√		

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2	√	√		
3	√			√
4				√
5	√			√
6			√	√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2			√	√	
3	√			√	
4	√		√		
5		√	√		
6	√		√	√	

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1	√	√		
2	√	√		
3	√			
4	√			√
5	√			√
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				
3	√				√
4	√				√
5	√		√		
6				√	

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2	√			
3	√			√
4	√			√
5	√			√
6	√			√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2		√			√
3	√	√			
4	√	√			√
5	√	√		√	
6	√	√		√	

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1				
2				√
3				√
4			√	
5	√			√
6	√			√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				√
3	√				√
4			√		
5	√			√	√
6	√			√	√

Year 5

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√			√
2	√			√
3	√			√
4	√	√		
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√		√		
3	√		√		
4		√		√	
5		√		√	
6	√			√	

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1				√
2		√		√
3	√	√		
4	√	√		
5				√
6				√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√		√		
2	√		√		
3				√	√
4		√		√	
5	√		√		
6	√		√		

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2	√	√		
3	√			√
4				√
5	√			√
6			√	√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2			√	√	
3	√			√	
4	√		√		
5		√	√		
6	√		√	√	

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1	√	√		
2	√	√		
3	√			
4	√			√
5	√			√
6			√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				
3	√				√
4	√				√
5	√		√		
6				√	

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2	√			
3	√			√
4	√			√
5	√			√
6	√			√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2		√			√
3	√	√			
4	√	√			√
5	√	√		√	
6	√	√		√	

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1				
2				√
3				√
4			√	
5	√			√
6	√			√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				√
3	√				√
4			√		
5	√			√	√
6	√			√	√

Year 6

Being Me In My World

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2			√	√
3		√		√
4	√	√		
5	√	√		
6	√	√		

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1		√		√	
2	√		√		
3	√		√		
4	√			√	
5		√		√	
6		√		√	

Celebrating Difference

Lesson	Social	Moral	Spiritual	Cultural
1	√			
2	√		√	
3	√	√		
4	√	√		
5			√	
6				√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√		√		
2	√		√		
3	√		√		
4	√				√
5				√	
6			√		√

Dreams and Goals

Lesson	Social	Moral	Spiritual	Cultural
1			√	
2			√	
3	√		√	
4	√	√	√	
5	√	√	√	
6	√		√	

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2				√	
3			√	√	
4			√	√	
5			√	√	
6	√	√			

Healthy Me

Lesson	Social	Moral	Spiritual	Cultural
1	√			
2	√	√		
3	√	√		
4	√	√		
5		√	√	
6				

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√			√	
2	√			√	
3	√			√	
4	√				
5	√	√			√
6					

Relationships

Lesson	Social	Moral	Spiritual	Cultural
1	√		√	
2			√	√
3			√	
4	√	√		
5	√	√		√
6	√	√		√

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2			√		√
3			√		√
4			√		√
5				√	
6				√	

Changing Me

Lesson	Social	Moral	Spiritual	Cultural
1				√
2			√	
3	√			
4			√	
5	√			√
6	√			

Lesson	Self Awareness	Social Skills	Empathy	Motivation	Managing Feelings
1	√				
2	√				√
3	√				√
4			√		
5	√	√			√
6				√	√

