



The mindful approach to PSHE

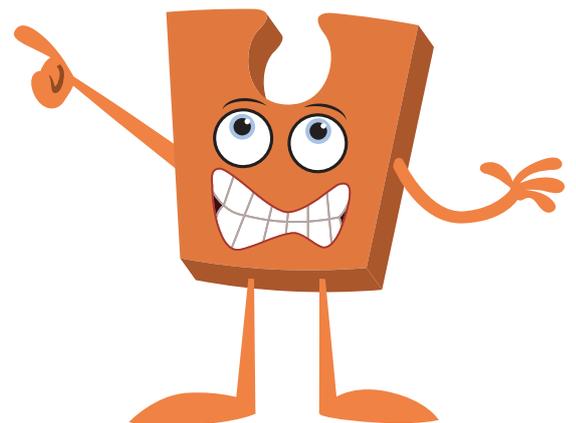
# SMSC and Emotional Literacy Domains in Jigsaw lessons

**Jigsaw is more than a PSHE Scheme of Work. It provides a structured programme of personal development to nurture the ‘whole child’ and increase learning capacity, underpinned by mindfulness philosophy and practice.**

Every Jigsaw lesson from EYFS to Year 6 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). At Jigsaw, 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.



## Being Me In My World F1/2

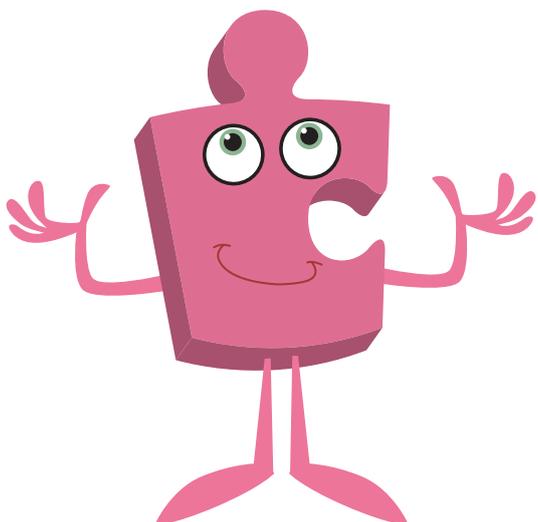
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         | ✓        |
| 2      | ✓      | ✓     | ✓         |          |
| 3      | ✓      | ✓     | ✓         |          |
| 4      | ✓      | ✓     |           | ✓        |
| 5      | ✓      | ✓     | ✓         | ✓        |
| 6      | ✓      | ✓     | ✓         | ✓        |

## Celebrating Difference F1/2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      | ✓     | ✓         |          |
| 2      | ✓      | ✓     | ✓         | ✓        |
| 3      | ✓      | ✓     | ✓         | ✓        |
| 4      | ✓      | ✓     |           | ✓        |
| 5      | ✓      | ✓     | ✓         | ✓        |
| 6      | ✓      | ✓     | ✓         | ✓        |

## Dreams & Goals F1/2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           | ✓        |
| 2      |        | ✓     | ✓         |          |
| 3      |        | ✓     | ✓         |          |
| 4      | ✓      | ✓     | ✓         |          |
| 5      | ✓      | ✓     | ✓         | ✓        |
| 6      | ✓      | ✓     | ✓         |          |



## Healthy Me F1/2

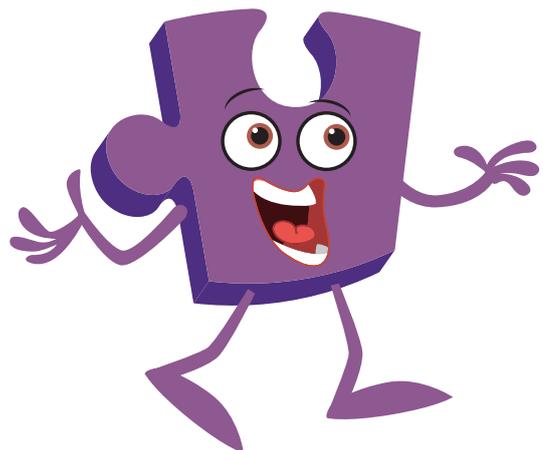
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           | ✓        |
| 2      | ✓      | ✓     | ✓         |          |
| 3      | ✓      | ✓     |           | ✓        |
| 4      | ✓      |       | ✓         | ✓        |
| 5      | ✓      | ✓     | ✓         | ✓        |
| 6      | ✓      | ✓     |           | ✓        |

## Relationships F1/2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      | ✓     |           | ✓        |
| 2      | ✓      | ✓     | ✓         |          |
| 3      | ✓      | ✓     |           | ✓        |
| 4      | ✓      | ✓     |           | ✓        |
| 5      | ✓      | ✓     | ✓         | ✓        |
| 6      | ✓      | ✓     | ✓         | ✓        |

## Changing Me F1/2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      | ✓      | ✓     | ✓         | ✓        |
| 3      |        | ✓     | ✓         |          |
| 4      | ✓      |       |           | ✓        |
| 5      | ✓      | ✓     | ✓         |          |
| 6      | ✓      | ✓     | ✓         | ✓        |



## Being Me In My World Year 1

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      | ✓      | ✓     |           |          |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      | ✓     |           |          |

## Being Me In My World Year 1

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              | ✓             |         |            |                  |
| 2      | ✓              |               |         |            |                  |
| 3      | ✓              |               | ✓       |            |                  |
| 4      | ✓              | ✓             |         |            |                  |
| 5      |                | ✓             |         | ✓          |                  |
| 6      |                | ✓             |         | ✓          |                  |

## Celebrating Difference Year 1

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           |          |
| 2      | ✓      |       |           |          |
| 3      | ✓      |       |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      |       |           |          |

## Celebrating Difference Year 1

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            |                  |
| 3      |                |               | ✓       |            |                  |
| 4      |                |               | ✓       |            |                  |
| 5      |                | ✓             |         |            |                  |
| 6      | ✓              |               |         |            |                  |

## Dreams & Goals Year 1

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      | ✓      |       |           |          |
| 4      |        |       | ✓         |          |
| 5      |        |       | ✓         |          |
| 6      |        |       | ✓         |          |

## Dreams & Goals Year 1

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         | ✓          |                  |
| 3      |                | ✓             |         | ✓          |                  |
| 4      | ✓              |               |         | ✓          |                  |
| 5      | ✓              |               |         | ✓          | ✓                |
| 6      | ✓              |               |         |            | ✓                |

## Healthy Me Year 1

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      | ✓     |           |          |
| 2      | ✓      | ✓     |           |          |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      | ✓     |           |          |

## Healthy Me Year 1

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      | ✓              |               |         | ✓          |                  |
| 3      | ✓              |               |         | ✓          |                  |
| 4      | ✓              |               |         |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      | ✓              |               |         | ✓          |                  |

## Relationships Year 1

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       |           | ✓        |
| 2      | ✓      |       |           |          |
| 3      | ✓      |       |           |          |
| 4      | ✓      |       |           |          |
| 5      |        |       | ✓         |          |
| 6      | ✓      |       | ✓         |          |

## Relationships Year 1

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            | ✓                |
| 2      |                | ✓             |         |            | ✓                |
| 3      |                | ✓             |         |            | ✓                |
| 4      |                | ✓             |         |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      | ✓              |               |         |            |                  |

## Changing Me Year 1

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      |        |       | ✓         |          |
| 4      |        | ✓     | ✓         |          |
| 5      |        |       | ✓         |          |
| 6      |        |       | ✓         | ✓        |

## Changing Me Year 1

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                |               | ✓       |            | ✓                |
| 2      | ✓              |               |         |            | ✓                |
| 3      | ✓              |               | ✓       |            |                  |
| 4      | ✓              |               |         |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      | ✓              |               |         |            | ✓                |

## Being Me In My World Year 2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      | ✓      | ✓     |           |          |
| 3      | ✓      |       | ✓         |          |
| 4      | ✓      |       | ✓         |          |
| 5      | ✓      |       | ✓         |          |
| 6      |        | ✓     | ✓         |          |

## Being Me In My World Year 2

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      |                | ✓             |         |            |                  |
| 3      |                | ✓             |         |            |                  |
| 4      |                | ✓             |         | ✓          |                  |
| 5      |                | ✓             |         | ✓          |                  |
| 6      | ✓              |               |         |            |                  |

## Celebrating Difference Year 2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           | ✓        |
| 2      | ✓      |       |           | ✓        |
| 3      | ✓      |       |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      |       |           |          |

## Celebrating Difference Year 2

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               | ✓       |            |                  |
| 2      | ✓              |               | ✓       |            |                  |
| 3      |                | ✓             | ✓       |            |                  |
| 4      |                | ✓             | ✓       |            |                  |
| 5      |                | ✓             | ✓       |            |                  |
| 6      |                | ✓             | ✓       |            |                  |

## Dreams & Goals Year 2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      | ✓      |       |           |          |
| 4      | ✓      |       |           |          |
| 5      | ✓      |       |           |          |
| 6      |        |       | ✓         |          |

## Dreams & Goals Year 2

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            | ✓                |
| 2      | ✓              |               |         |            | ✓                |
| 3      |                | ✓             |         |            |                  |
| 4      |                | ✓             |         |            | ✓                |
| 5      |                | ✓             |         |            | ✓                |
| 6      |                | ✓             |         |            | ✓                |

## Healthy Me Year 2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        | ✓     | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      | ✓     |           |          |

## Healthy Me Year 2

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      | ✓              |               |         |            |                  |
| 4      | ✓              |               |         |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      | ✓              |               |         |            |                  |

## Relationships Year 2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           | ✓        |
| 2      |        | ✓     |           |          |
| 3      | ✓      |       |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      |        |       | ✓         |          |
| 6      | ✓      |       |           |          |

## Relationships Year 2

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                | ✓             |         |            |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      |                | ✓             |         |            | ✓                |
| 4      |                | ✓             |         |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      |                | ✓             |         |            |                  |

## Changing Me Year 2

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         | ✓        |
| 3      |        | ✓     | ✓         |          |
| 4      |        | ✓     | ✓         |          |
| 5      |        |       |           |          |
| 6      |        |       | ✓         |          |

## Changing Me Year 2

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                |               | ✓       |            | ✓                |
| 2      | ✓              |               | ✓       |            |                  |
| 3      | ✓              |               |         |            | ✓                |
| 4      | ✓              |               |         |            |                  |
| 5      | ✓              |               |         |            | ✓                |
| 6      | ✓              |               |         | ✓          |                  |

### Being Me In My World Year 3

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      | ✓      |       |           | ✓        |
| 3      | ✓      |       | ✓         |          |
| 4      |        | ✓     | ✓         |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      | ✓     |           |          |

### Being Me In My World Year 3

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      |                | ✓             |         |            |                  |
| 4      | ✓              |               |         | ✓          |                  |
| 5      |                | ✓             |         |            |                  |
| 6      | ✓              |               |         |            |                  |

### Celebrating Difference Year 3

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       |           | ✓        |
| 2      | ✓      |       |           | ✓        |
| 3      | ✓      |       |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      |       | ✓         |          |

### Celebrating Difference Year 3

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               | ✓       |            |                  |
| 2      |                | ✓             |         |            | ✓                |
| 3      |                | ✓             | ✓       |            |                  |
| 4      |                | ✓             |         |            |                  |
| 5      | ✓              |               | ✓       |            |                  |
| 6      |                | ✓             |         |            |                  |

### Dreams & Goals Year 3

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      | ✓      |       | ✓         |          |
| 4      | ✓      |       | ✓         |          |
| 5      | ✓      |       | ✓         |          |
| 6      | ✓      |       | ✓         |          |

### Dreams & Goals Year 3

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                |               | ✓       |            | ✓                |
| 2      | ✓              |               |         |            |                  |
| 3      | ✓              | ✓             |         | ✓          |                  |
| 4      |                | ✓             |         | ✓          | ✓                |
| 5      |                | ✓             |         | ✓          | ✓                |
| 6      | ✓              | ✓             |         |            | ✓                |

### Healthy Me Year 3

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        | ✓     |           |          |
| 2      |        | ✓     | ✓         |          |
| 3      |        | ✓     |           |          |
| 4      | ✓      |       | ✓         |          |
| 5      |        | ✓     |           |          |
| 6      |        |       | ✓         |          |

### Healthy Me Year 3

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      | ✓              |               |         |            |                  |
| 4      | ✓              |               |         |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      | ✓              |               |         |            |                  |

### Relationships Year 3

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           | ✓        |
| 2      | ✓      |       |           |          |
| 3      | ✓      |       |           |          |
| 4      |        | ✓     | ✓         | ✓        |
| 5      |        | ✓     | ✓         | ✓        |
| 6      |        | ✓     | ✓         | ✓        |

### Relationships Year 3

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                | ✓             |         | ✓          |                  |
| 2      |                | ✓             | ✓       |            | ✓                |
| 3      | ✓              |               |         |            | ✓                |
| 4      |                | ✓             | ✓       |            |                  |
| 5      | ✓              |               | ✓       |            |                  |
| 6      | ✓              | ✓             |         | ✓          |                  |

### Changing Me Year 3

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      | ✓      |       | ✓         |          |
| 4      | ✓      |       | ✓         |          |
| 5      |        | ✓     |           | ✓        |
| 6      | ✓      |       |           |          |

### Changing Me Year 3

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               | ✓       |            |                  |
| 3      | ✓              |               |         |            | ✓                |
| 4      | ✓              |               |         |            | ✓                |
| 5      | ✓              |               | ✓       |            |                  |
| 6      | ✓              |               |         | ✓          |                  |

## Being Me In My World Year 4

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      | ✓      |       |           | ✓        |
| 3      |        | ✓     |           | ✓        |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      |       |           |          |

## Being Me In My World Year 4

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                | ✓             | ✓       |            |                  |
| 2      |                | ✓             | ✓       |            |                  |
| 3      |                |               | ✓       | ✓          |                  |
| 4      | ✓              |               |         | ✓          |                  |
| 5      |                | ✓             |         | ✓          |                  |
| 6      |                | ✓             |         | ✓          |                  |

## Celebrating Difference Year 4

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           |          |
| 2      | ✓      | ✓     |           |          |
| 3      |        | ✓     |           | ✓        |
| 4      | ✓      | ✓     |           |          |
| 5      |        |       | ✓         |          |
| 6      |        |       | ✓         |          |

## Celebrating Difference Year 4

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               | ✓       |            |                  |
| 2      | ✓              |               |         |            |                  |
| 3      |                |               | ✓       | ✓          |                  |
| 4      |                | ✓             | ✓       |            |                  |
| 5      | ✓              |               |         |            |                  |
| 6      | ✓              |               |         | ✓          |                  |

## Dreams & Goals Year 4

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      |        |       | ✓         |          |
| 4      |        |       | ✓         |          |
| 5      | ✓      |       |           |          |
| 6      | ✓      |       | ✓         |          |

## Dreams & Goals Year 4

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      | ✓              |               | ✓       |            | ✓                |
| 4      | ✓              |               |         | ✓          | ✓                |
| 5      | ✓              | ✓             |         | ✓          |                  |
| 6      | ✓              | ✓             |         |            |                  |

## Healthy Me Year 4

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           |          |
| 2      | ✓      |       |           |          |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      |       |           |          |
| 6      |        |       | ✓         |          |

## Healthy Me Year 4

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              | ✓             |         |            | ✓                |
| 2      | ✓              | ✓             |         |            | ✓                |
| 3      | ✓              | ✓             |         |            |                  |
| 4      | ✓              | ✓             |         |            | ✓                |
| 5      | ✓              | ✓             |         |            |                  |
| 6      | ✓              |               |         |            |                  |

## Relationships Year 4

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      |        |       | ✓         |          |
| 4      |        | ✓     |           |          |
| 5      |        |       | ✓         |          |
| 6      |        |       | ✓         |          |

## Relationships Year 4

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      |                |               |         |            | ✓                |
| 4      |                |               | ✓       |            |                  |
| 5      | ✓              |               | ✓       |            | ✓                |
| 6      | ✓              |               | ✓       | ✓          |                  |

## Changing Me Year 4

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         | ✓        |
| 3      | ✓      |       |           |          |
| 4      |        |       | ✓         |          |
| 5      |        | ✓     | ✓         |          |
| 6      | ✓      |       |           |          |

## Changing Me Year 4

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            |                  |
| 3      | ✓              |               |         |            | ✓                |
| 4      |                |               |         | ✓          | ✓                |
| 5      |                |               |         |            | ✓                |
| 6      | ✓              |               |         | ✓          |                  |

## Being Me In My World Year 5

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           | ✓        |
| 2      | ✓      |       |           | ✓        |
| 3      | ✓      |       |           | ✓        |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      | ✓     |           |          |

## Being Me In My World Year 5

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      | ✓              |               | ✓       |            |                  |
| 3      | ✓              |               | ✓       |            |                  |
| 4      |                | ✓             |         | ✓          |                  |
| 5      |                | ✓             |         | ✓          |                  |
| 6      | ✓              |               |         | ✓          |                  |

## Celebrating Difference Year 5

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       |           | ✓        |
| 2      |        | ✓     |           | ✓        |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      |        |       |           | ✓        |
| 6      |        |       |           | ✓        |

## Celebrating Difference Year 5

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               | ✓       |            |                  |
| 2      | ✓              |               | ✓       |            |                  |
| 3      |                |               |         | ✓          | ✓                |
| 4      |                | ✓             |         | ✓          |                  |
| 5      | ✓              |               | ✓       |            |                  |
| 6      | ✓              |               | ✓       |            |                  |

## Dreams & Goals Year 5

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      | ✓      | ✓     |           |          |
| 3      | ✓      |       |           | ✓        |
| 4      |        |       |           | ✓        |
| 5      | ✓      |       |           | ✓        |
| 6      |        |       | ✓         | ✓        |

## Dreams & Goals Year 5

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      |                |               | ✓       | ✓          |                  |
| 3      | ✓              |               |         | ✓          |                  |
| 4      | ✓              |               | ✓       |            |                  |
| 5      |                | ✓             | ✓       |            |                  |
| 6      | ✓              |               | ✓       | ✓          |                  |

## Healthy Me Year 5

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      | ✓     |           |          |
| 2      | ✓      | ✓     |           |          |
| 3      | ✓      |       |           |          |
| 4      | ✓      |       |           | ✓        |
| 5      | ✓      |       |           | ✓        |
| 6      |        |       | ✓         |          |

## Healthy Me Year 5

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            |                  |
| 3      | ✓              |               |         |            | ✓                |
| 4      | ✓              |               |         |            | ✓                |
| 5      | ✓              |               | ✓       |            |                  |
| 6      |                |               |         | ✓          |                  |

## Relationships Year 5

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      | ✓      |       |           |          |
| 3      | ✓      |       |           | ✓        |
| 4      | ✓      |       |           | ✓        |
| 5      | ✓      |       |           | ✓        |
| 6      | ✓      |       |           | ✓        |

## Relationships Year 5

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      |                | ✓             |         |            | ✓                |
| 3      | ✓              | ✓             |         |            |                  |
| 4      | ✓              | ✓             |         |            | ✓                |
| 5      | ✓              | ✓             |         | ✓          |                  |
| 6      | ✓              | ✓             |         | ✓          |                  |

## Changing Me Year 5

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       |           | ✓        |
| 2      |        |       | ✓         |          |
| 3      |        |       | ✓         |          |
| 4      |        |       | ✓         |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      |       |           | ✓        |

## Changing Me Year 5

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      | ✓              |               |         |            | ✓                |
| 4      |                |               | ✓       |            |                  |
| 5      | ✓              |               |         | ✓          | ✓                |
| 6      | ✓              |               |         | ✓          | ✓                |

## Being Me In My World Year 6

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      |        |       | ✓         | ✓        |
| 3      |        | ✓     |           | ✓        |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      | ✓      | ✓     |           |          |

## Being Me In My World Year 6

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      |                | ✓             |         | ✓          |                  |
| 2      | ✓              |               | ✓       |            |                  |
| 3      | ✓              |               | ✓       |            |                  |
| 4      | ✓              |               |         | ✓          |                  |
| 5      |                | ✓             |         | ✓          |                  |
| 6      |                | ✓             |         | ✓          |                  |

## Celebrating Difference Year 6

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           |          |
| 2      | ✓      |       | ✓         |          |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      |        |       | ✓         |          |
| 6      |        |       |           | ✓        |

## Celebrating Difference Year 6

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               | ✓       |            |                  |
| 2      | ✓              |               | ✓       |            |                  |
| 3      | ✓              |               | ✓       |            |                  |
| 4      | ✓              |               |         |            | ✓                |
| 5      |                |               |         | ✓          |                  |
| 6      | ✓              |               | ✓       |            |                  |

## Dreams & Goals Year 6

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         |          |
| 2      |        |       | ✓         |          |
| 3      | ✓      |       | ✓         |          |
| 4      | ✓      | ✓     | ✓         |          |
| 5      | ✓      | ✓     | ✓         |          |
| 6      | ✓      |       | ✓         |          |

## Dreams & Goals Year 6

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      |                |               |         | ✓          |                  |
| 3      |                |               | ✓       | ✓          |                  |
| 4      |                |               | ✓       | ✓          |                  |
| 5      |                |               | ✓       | ✓          |                  |
| 6      | ✓              | ✓             |         |            |                  |

## Healthy Me Year 6

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       |           |          |
| 2      | ✓      | ✓     |           |          |
| 3      | ✓      | ✓     |           |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           |          |
| 6      |        | ✓     | ✓         |          |

## Healthy Me Year 6

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         | ✓          |                  |
| 2      | ✓              |               |         | ✓          |                  |
| 3      | ✓              |               |         | ✓          |                  |
| 4      | ✓              | ✓             |         |            |                  |
| 5      | ✓              |               |         |            | ✓                |
| 6      | ✓              |               |         |            | ✓                |

## Relationships Year 6

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         |          |
| 2      |        |       | ✓         | ✓        |
| 3      |        |       | ✓         |          |
| 4      | ✓      | ✓     |           |          |
| 5      | ✓      | ✓     |           | ✓        |
| 6      | ✓      | ✓     |           | ✓        |

## Relationships Year 6

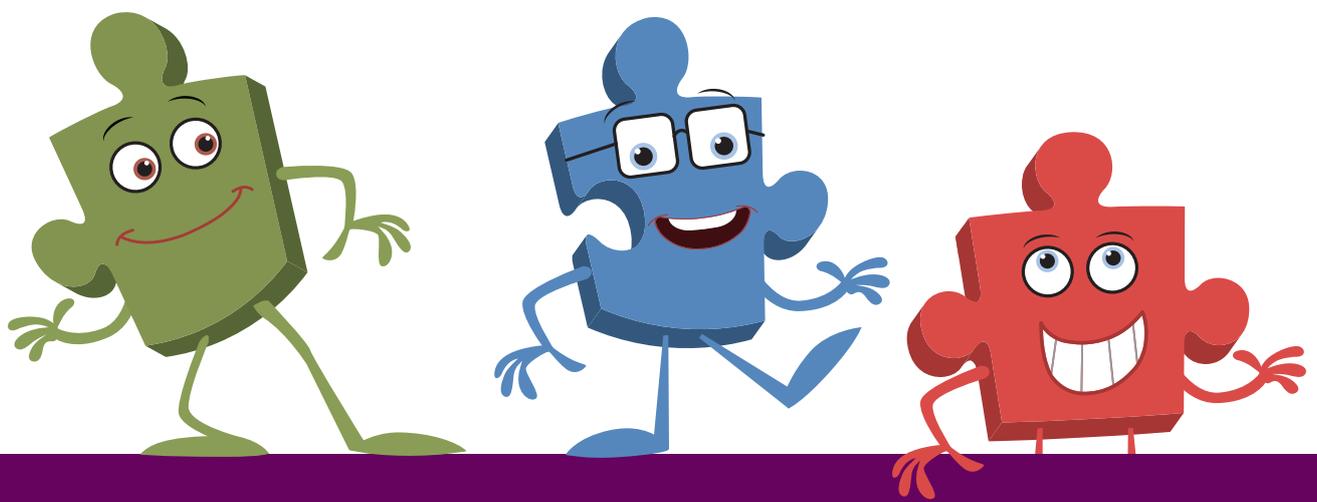
| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      |                |               | ✓       |            | ✓                |
| 3      |                |               | ✓       |            | ✓                |
| 4      |                |               | ✓       |            | ✓                |
| 5      |                |               |         | ✓          |                  |
| 6      |                |               |         | ✓          |                  |

## Changing Me Year 6

| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       |           | ✓        |
| 2      |        |       | ✓         |          |
| 3      | ✓      |       |           |          |
| 4      |        |       | ✓         |          |
| 5      | ✓      |       |           | ✓        |
| 6      | ✓      |       |           |          |

## Changing Me Year 6

| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feeling |
|--------|----------------|---------------|---------|------------|------------------|
| 1      | ✓              |               |         |            |                  |
| 2      | ✓              |               |         |            | ✓                |
| 3      | ✓              |               |         |            | ✓                |
| 4      |                |               | ✓       |            |                  |
| 5      | ✓              | ✓             |         |            | ✓                |
| 6      |                |               |         | ✓          | ✓                |



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