Jigsaw Knowledge and skills progression: Celebrating Difference Puzzle Ages 3-11

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the **Celebrating Difference** Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

Ages 3-5

Puzzle overview: Celebrating Difference

In this Puzzle (unit), children are encouraged to think about things that they are good at whilst understanding that everyone is good at different things. They discuss being different and how that makes everyone special but also recognise that we are the same in many ways. The children share their experiences of their homes and are asked to explain why it is special to them. They learn about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.

Knowledge	Social and emotional skills
• I know what being unique means • I can name and recognise some emotions • I understand why having friends is important • I can name qualities of a positive friendship • I know what being proud means, and that people can be proud of different things • I understand that people can be good at different things • I know all families are different • I know that everyone has different homes	• I can recognise emotions in myself and others • I know some skills to help make a friend • I recognise some ways that I am different yet similar to others • I know how to use skills to stand up for themselves • I can recognise things I am good at • I can identify similarities and differences between my own family and other families

Vocabulary

differences, different, friendship, frightened, family, friends, happy, home, kind, proud, sad, similar, similarities, special, unique, unkind

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Supporting 'Celebrating Difference' puzzle at home: A Guide for Families

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Ages 3-5

Talking Together: suggested questions to support 'Celebrating Difference' learning at home		
Being unique and special • What makes you special? • What are you really good at? • How are you the same as other people? • How are you different?	**Feelings and emotions** • Can you tell me about a time you felt happy or sad? • How can we tell how someone else is feeling? • What helps you feel better if you feel upset?	**Friendship and kindness** • Who are your friends? What do you like about them? • What does being a kind friend look like? • How can you make someone feel happy or included?
Families and homes • Who is in your family? • What makes your home special to you? • How are other families the same or different to yours?	**Being proud and celebrating others** • What are you proud of? • What might someone else feel proud of? • How can we celebrate what other people are good at?	**Standing up for yourself and others** • What can you do if someone is unkind? • Who can you talk to if something worries you? • How can you help someone if they feel sad or left out?
Resources and additional support for Families		
• BBC Tiny Happy People - short videos, ideas and resources to support families with themes of friendship, difference, families and kindness • BookTrust – high-quality book recommendations for children by age (including ages 3–5) including topics on feelings, friendships, starting school and behaviour • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.		
School-based and local resources (editable box for teachers):		

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Jigsaw Knowledge and skills progression: Celebrating Difference Puzzle Ages 3-11

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Ages 5-6

Puzzle overview: Celebrating Difference

In this Puzzle, children explore how people can be similar and different, reflecting on their own similarities and differences while learning to include others, use kind words and recognise what makes them special. They develop an understanding of what bullying is, how it can make people feel, and who they can talk to if they need help. Across the six Pieces, children practise making new friends, giving and receiving compliments, and showing courage by supporting others. They reflect on how differences should be respected and celebrated.

Knowledge	Social and emotional skills
• I can identify similarities between people in my class • I can identify differences between people in my class • I can tell you what bullying is • I know some people who I could talk to if I was feeling unhappy or being bullied • I know how to make new friends • I can tell you some ways I am different from my friends	• I can tell you some ways in which I am the same as my friends • I can tell you some ways I am different from my friends • I understand how being bullied might feel • I can be kind to children who are bullied • I know how it feels to make a new friend • I understand these differences make us all special and unique

Vocabulary

bully, bullied, bullying, bullying behaviour, celebration, courtesy, courage, deliberate, difference, different from, harmful, inclusive, included, lonely, manners, on purpose, safe, same as, similarity, similar, special, support, unique, unfair

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Ages 5-6

Talking Together: suggested questions to support 'Celebrating Difference' learning at home		
Similarities and differences • How are you the same as your friends? • How are you different from your friends? • Why do our differences make us special?	**Being inclusive and kind** • What does it mean to include others? • How can you use kind words to make someone feel happy? • How can you help someone feel welcome?	**Friendship and making new friends** • How do you make a new friend? • What does a good friend do? • How does it feel when you make a new friend?
Understanding bullying • What is bullying? • How might someone feel if they are being bullied? • What should you do if you see or experience bullying?	**Courage and standing up for others** • What does it mean to be brave or show courage? • How can you help someone if they are being treated unkindly? • Who can you talk to if something worries you?	**Celebrating each other** • What makes you special? • Can you think of something kind about someone else? • How can we celebrate what makes everyone unique?

Resources and additional support for Families

- Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children
- BookTrust – high-quality book recommendations for themes of diversity, bullying, friendship and belonging
- Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.

School-based and local resources (editable box for teachers):

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Ages 6-7

Puzzle overview: Celebrating Difference

In this Puzzle, children explore similarities and differences, learning how assumptions and stereotypes can form and why it is important to treat others with courtesy and respect. They develop an understanding of why bullying can happen, how it makes people feel, and how to seek help. Across the six Pieces, children practise standing up for themselves and others and solving problems kindly. They explore diversity in families, cultures and abilities, and reflect on what it means to belong and be a good friend.

Knowledge	Social and emotional skills
• I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) • I understand that bullying is sometimes about difference • I can recognise what is right and wrong and know how to look after myself • I understand that it is OK to be different from other people and to be friends with them • I can tell you some ways I am different from my friends	• I understand some ways in which boys and girls are similar and feel good about this • I understand some ways in which boys and girls are different and accept that this is OK • I can tell you how someone who is bullied feels • I can be kind to children who are bullied • I know when and how to stand up for myself and others • I know how to get help if I am being bullied • I understand we shouldn't judge people if they are different • I know how it feels to be a friend and have a friend • I understand these differences make us all special and unique

Vocabulary

assumptions, belong, belonging, boundary, boys, bully, bystander, culture, courtesy, difference, different, disability, fairness, family, feelings, female, friends, girls, help, identity, included, inclusive, kind, kindness, lonely, male, on purpose, purpose, respect, sad, self-respect, shield, similarities, special, stereotypes, stand up for, support, teasing, unkind, unique, value

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Ages 6-7

Talking Together: suggested questions to support 'Celebrating Difference' learning at home

Similarities, differences and belonging

- How are you similar to your friends?
- How are you different from your friends?
- What helps you feel like you belong?

Stereotypes and assumptions

- What do you think a stereotype is?
- Why is it important not to make assumptions about people?
- Can boys and girls like or do the same things? Why?

Kindness, respect and friendship

- What does it mean to treat someone with respect?
- How can you be a kind friend?
- How does it feel to be a good friend or have a good friend?

Bullying and feelings

- What is bullying and how is it different from being unkind?
- How might someone feel if they are being bullied?
- Why do you think bullying sometimes happens?

Standing up and getting help

- What can you do if someone is being bullied?
- How can you stand up for yourself or someone else?
- Who can you go to if you need help?

Diversity, families and inclusion

- How can families be different from each other?
- Why is it important to include everyone?
- Why should we not judge people for being different?

Resources and additional support for Families

- Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children
- BookTrust – high-quality book recommendations for children about friendship, diversity, inclusion and kindness
- Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.

School-based and local resources (editable box for teachers):

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Jigsaw Knowledge and skills progression: Celebrating Difference Puzzle Ages 3-11

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Ages 7-8

Puzzle overview: Celebrating Difference

In this Puzzle, children explore different types of families and why they are important, learning how to manage disagreements calmly and solve problems together. They develop an understanding of what it means to be a witness to bullying and how their actions and words may help or harm others. Across the six Pieces, children practise using kind language, challenging stereotypes, and offering support to those who feel excluded. They learn how to give and receive compliments and reflect on how the words we choose affect feelings.

Knowledge	Social and emotional skills
• I understand that everybody's family is different and important to them • I understand that differences and conflicts sometimes happen among family members • I know what it means to be a witness to bullying • I know that witnesses can make the situation better or worse by what they do • I recognise that some words are used in hurtful ways • I can tell you about a time when my words affected someone's feelings and what the consequences were	• I appreciate my family/the people who care for me • I know how to calm myself down and can use the 'Solve it together' technique • I know some ways of helping to make someone who is bullied feel better • I can problem-solve a bullying situation with others • I try hard not to use hurtful words (e.g., gay, fat) • I can give and receive compliments and know how this feels

Vocabulary

banter, bullying, bystander, caring, compliment, conflict, connected, consequences, difference, discrimination, family, feelings, gay, hurtful, include, incident, isolate, kindness, lonely, love, loving, protection, resolve, rights, safe, security, self-regulation, similarity, solve it together, special, stability, stereotype, support, tell, unique, unkind, witness

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Supporting 'Celebrating Difference' puzzle at home: A Guide for Families

Ages 7-8

Talking Together: suggested questions to support 'Celebrating Difference' learning at home		
Families and relationships • What makes your family special to you? • How can families be different from each other? • Why is it important to respect all types of families?	**Conflict and problem solving** • What can you do if you disagree with someone at home or school? • How can you calm yourself down when you feel upset or angry? • What does "solve it together" mean?	**Bullying and being a witness** • What does it mean to be a witness (bystander) to bullying? • How can a witness make a situation better? • What could you do if you saw someone being bullied?
Kind words and hurtful language • What are kind words you can use with others? • Why can some words be hurtful, even if people say them as a joke? • How do words affect how people feel?	**Inclusion and supporting others** • How can you help someone who feels left out or lonely? • What does it mean to include others? • How can our actions make someone feel valued?	**Compliments and positive relationships** • What is a compliment? • How does it feel to give or receive a compliment? • How can compliments help build friendships?
Resources and additional support for Families		
• Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children • BookTrust – high-quality book recommendations for children about friendship, bullying, kindness and inclusion • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.		
School-based and local resources (editable box for teachers):		

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Jigsaw Knowledge and skills progression: Celebrating Difference Puzzle Ages 3-11

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Ages 8-9

Puzzle overview: Celebrating Difference

In this Puzzle, children explore how first impressions and appearance can influence assumptions, learning to accept others for who they are and question their own judgements. They develop a deeper understanding of bullying, including the roles of bystanders and witnesses, and practice how to seek help and solve problems safely. Protected characteristics are introduced including age, disability, race and sex. Across the six Pieces, children reflect on what makes them special and unique, learn to value physical differences, and practice kindness, respect and empathy. They explore how opinions can change when people get to know one another.

Knowledge	Social and emotional skills
• I understand that, sometimes, we make assumptions based on what people look like • I understand what influences me to make assumptions based on how people look • I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure • I can tell you why witnesses sometimes join in with bullying and sometimes don't tell • I can identify what is special about me and value the ways in which I am unique • I can tell you a time when my first impression of someone changed when I got to know them	• I try to accept people for who they are • I can question why I think what I do about other people • I know how it might feel to be a witness to and a target of bullying • I can problem-solve a bullying situation with others • I like and respect the unique features of my physical appearance • I can explain why it is good to accept people for who they are

Vocabulary

accept, appearance, assumption, bully, bullying, bystander, changed, character, characteristics, courtesy, deliberate, different, empathy, friend, hurtful, impression, influence, judgement, kindness, manners, on purpose, physical features, problem solve, protected characteristics, respect, secret, special, surprised, troll, unique, witness

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Ages 8-9

Talking Together: suggested questions to support 'Celebrating Difference' learning at home

First impressions and assumptions

- What is a first impression?
- Have you ever changed your mind about someone after getting to know them?
- Why is it important not to judge people by how they look?

Identity, uniqueness and self-value

- What makes you unique?
- What do you like about yourself?
- Why is it important to value differences in ourselves and others?

Bullying and recognising it

- What does bullying look like?
- Why can bullying sometimes be hard to spot?
- What do you think you should you do if you think bullying might be happening?

Bystanders, witness and taking action

- What does it mean to be a bystander or witness?
- Why might some people join in or stay silent?
- How can you help safely if you see bullying?

Respect, kindness and physical differences

- Why is it important for us to respect people's physical differences?
- How can you show kindness to someone who looks or acts differently to you?
- How might it feel if someone judged you based on your appearance?

Opinions and understanding others

- Can someone's opinion about someone change over time? How?
- What helps you understand someone better?
- Why is it important to get to know people before making decisions about them?

Resources and additional support for Families

- Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children
- BookTrust – high-quality book recommendations for children about identity, difference, bullying and belonging
- Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.

School-based and local resources (editable box for teachers):

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Ages 9-10

Puzzle overview: Celebrating Difference

In this Puzzle, children explore cultural similarities and differences, reflect on their own identities, and consider how assumptions and stereotypes can lead to conflict. They develop an understanding of racism, discrimination and different forms of bullying, including rumours, name-calling and cyberbullying. Across the six Pieces, children practise problem-solving, managing feelings and supporting others who experience bullying. They explore how wealth and happiness are not the same and compare lives across the world, developing empathy and respect for different communities.

Knowledge	Social and emotional skills
• I understand that cultural differences sometimes cause conflict • I understand what racism is • I understand how rumour-spreading and name-calling can be bullying behaviours • I can explain the difference between direct and indirect types of bullying • I can compare my life with people in the developing world • I can understand a different culture from my own	• I am aware of my own culture • I am aware of my attitude towards people from different races • I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one • I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied • I can appreciate the value of happiness regardless of material wealth • I respect my own and other people's cultures

Vocabulary

appearance, assumptions, banter, bullying, colour, community, continuum, culture, cyber bullying, difference, direct, developing world, disability, discrimination, fair, happiness, homophobic, indirect, included, name-calling, race, racist, racism, respected, respect, rumour, sexist, similarity, stereotype, texting

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Ages 9-10

Talking Together: suggested questions to support 'Celebrating Difference' learning at home		
Culture and identity • What does culture mean to you? • What is special about your own culture or background? • How can we show respect for different cultures?	**Assumptions, stereotypes and conflict** • What is a stereotype? • How can assumptions lead to misunderstandings or conflict? • Why is it important to challenge stereotypes?	**Racism and discrimination** • What does racism mean? • How might discrimination make someone feel? • What can we do if we see someone being treated unfairly?
Bullying (including online) • What is the difference between direct and indirect bullying? • What is cyberbullying and how might it affect someone? • What should you do if bullying happens online or in person?	**Empathy, fairness and global understanding** • How might life be different for children in other parts of the world? • Why doesn't having more money always mean more happiness? • How can we show empathy towards people whose lives are different to ours?	**Problem-solving and supporting others** • What can you do to help solve a problem or conflict? • How can you support someone who is being bullied? • How can you encourage others to make kinder choices?

Resources and additional support for Families

- Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children
- BookTrust – high-quality book recommendations for children about diversity, empathy, fairness and global understanding
- Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.

School-based and local resources (editable box for teachers):

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Ages 10-11

Puzzle overview: Celebrating Difference

In this Puzzle, children explore what "normal" can mean and develop empathy for people who are different. They examine prejudice, discrimination and protected characteristics, reflecting on their own attitudes and the importance of equality and respect. Across the six Pieces, children learn about power imbalances, why bullying might happen, and how to manage feelings and solve problems safely. They explore inspirational individuals, including disabled athletes, and reflect on perseverance and achievement.

Knowledge	Social and emotional skills
• I understand there are different perceptions about what normal means • I understand how being different could affect someone's life • I can explain some of the ways in which one person or a group can have power over another • I know some of the reasons why people use bullying behaviours • I can give examples of people with disabilities who lead amazing lives • I can explain ways in which difference can be a source of conflict and a cause for celebration	• I can empathise with people who are different • I am aware of my attitude towards people who are different • I know how it can feel to be excluded or treated badly by being different in some way • I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one • I appreciate people for who they are • I can show empathy with people in either situation

Vocabulary

achievement, accolade, admiration, argument, assumption, banter, belonging, bullying, bullying behaviour, celebration, community, conflict, control, difference, direct, disability, discrimination, empathy, equality, equality act, harassment, imbalance, indirect, misunderstanding, normal, Paralympian, perception, perseverance, power, prejudice, protected characteristics, racism, recipient, respect, rights, sport, stamina, struggle, stereotype

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Supporting ‘Celebrating Difference’ puzzle at home: A Guide for Families

Ages 10-11

Talking Together: suggested questions to support ‘Celebrating Difference’ learning at home		
Perceptions of ‘normal’ and difference • What does “normal” mean to you? • Why might people have different ideas about what is normal? • How can being different affect someone’s life?	**Equality, prejudice and discrimination** • What do prejudice and discrimination mean? • Why is it important to treat everyone equally and with respect? • How can we challenge unfair attitudes or behaviour?	**Power, bullying and responsibility** • What does it mean for someone to have power over others? • Why might people use bullying behaviours? • What can you do if you see or experience unfair treatment?
Empathy, inclusion and respect • How can you show empathy towards someone who is different from you? • How might it feel to be excluded or treated unfairly? • What can you do to help others feel included and valued?	**Managing feelings and problem-solving** • How can you manage your feelings in a difficult situation? • What strategies can you use to solve a problem calmly? • How can you support others in resolving conflict?	**Inspiration, perseverance and achievement** • Can you think of someone who has achieved something despite challenges? • What can we learn from people who show perseverance? • How can differences be a strength rather than a weakness?
Resources and additional support for Families		
• Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children • BookTrust – high-quality book recommendations for children about diversity, equality, perseverance and identity • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.		
School-based and local resources (editable box for teachers):		

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