



1. Life Cycles



2. Changing Me



3. My Changing Body



4. Boys' and Girls' Bodies



5. Learning and Growing



6. Coping with Changes



1. Life Cycles



2. Changing Me



3. My Changing Body



4. Boys' and Girls' Bodies



5. Learning and Growing



6. Coping with Changes

[Puzzle Map](#)

[Puzzle Map \(2026\)](#)

[Class Teacher Prep](#)

[Class Teacher Prep \(2026\)](#)

[Assessment](#)

[Knowledge Organisers](#)

[Vocabulary](#)

[Legacy Learning Journeys](#)

[Community](#) →

[Contact](#) →

Puzzle Map - Ages 5-6

Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create the Tree of Change display Piece 5 Flowers



Weekly Celebration	Pieces and Vocabulary	PSHE learning intention	Social and emotional development learning intention	Resources
(Find out more).				For every lesson: Jigsaw Jack, Jisaw Charter , Jigsaw Chime, Jerrie Cat, Jigsaw Journals, Next Steps / Reflection Sheet .

Understand that everyone is unique and special	1. Life cycles - Changes - Life cycle - Baby - Adulthood - Growth - Change	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK	Find your pair + Life Cycle cards 'A New Day' (Song Sheet) Teacher's photos: series of photos from baby to adult YouTube clip of frog's lifecycle (teacher to source) My Jigsaw Journey
Can express how they feel when change happens	2. Changing Me - Change - Life cycle - Baby - Adult - Grown up	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not	Life cycle cards Paper for concertina booklets My Jigsaw Journey
Understand and respect the changes that they see in themselves	3. My Changing Body - Baby - Growing up - Adult - Change	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates	'A New Day' (Song Sheet) Baby photo of the teacher Baby photos brought in by the children in a box. My Jigsaw Journey
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies - Male - Female - Penis - Testicles - Vulva - Vagina - Anus	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private	PE hoops or flip chart paper Body parts cards My Jigsaw Journey
Know who to ask for help if they are worried about change	5. Learning and Growing Puzzle Outcome: Piece 5 Flowers - Learn - New - Grow - Change	I understand that every time I learn something new I change a little bit	I enjoy learning new things	'A New Day' (Song Sheet) Picture cards Flower shape and petals for flip chart Flower templates My Jigsaw Journey

Are looking forward to change	6. Coping with Changes Assessment Opportunity - Change - Feelings - Anxious - Worried - Excited - Coping	I can tell you about changes that have happened in my life	I know some ways to cope with changes	Bag of items for Changes Game e.g. baby item, a piece of school uniform, holiday item, name of next teacher etc. Certificates My Jigsaw Journey
-------------------------------	---	--	---------------------------------------	--

HEAD OFFICE

Jigsaw PSHE Ltd
Grove House
Guildford Road
Leatherhead
Surrey
KT22 9DF

KEEPING IN TOUCH

+44 (0)3331 882133
Email the Team

PARTNERSHIPS



MORE INFORMATION

Legal Information, Policies,
Terms and Conditions

© Jigsaw PSHE Limited 2013-2026 All rights reserved.

Jigsaw PSHE Limited is a company registered in England no 08568182, Registered office Grove House, Guildford Road, Fetcham, Leatherhead, England, KT22 9DF