



The mindful approach to PSHE

SMSC and Emotional Literacy domains in Jigsaw 2nd Edition

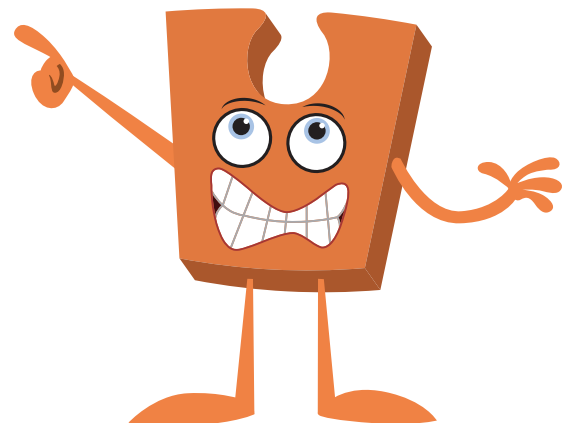
Updated Jan 23

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 Early Years to upper primary 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 AGE 3-4

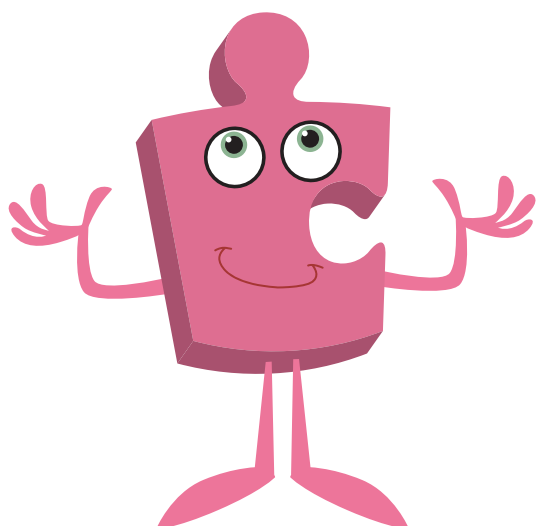
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1 | ✓ | | ✓ | ✓ |
| 2 | ✓ | ✓ | ✓ | |
| 3 | ✓ | ✓ | ✓ | |
| 4 | | ✓ | ✓ | ✓ |
| 5 | ✓ | ✓ | ✓ | ✓ |
| 6 | ✓ | ✓ | ✓ | ✓ |

Celebrating Difference AGE 3-4

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

Dreams & Goals AGE 3-4

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



Healthy Me AGE 3-4

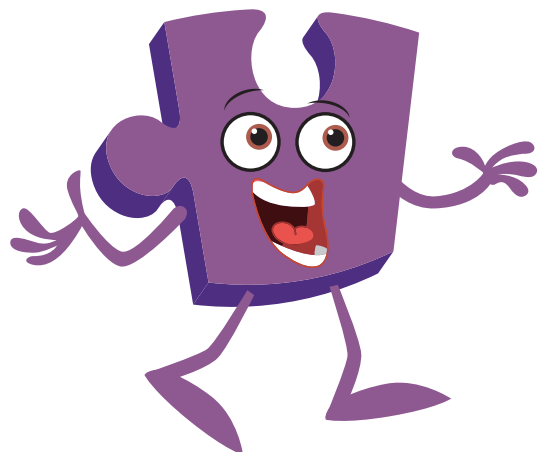
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1 | | | ✓ | ✓ |
| 2 | | ✓ | ✓ | ✓ |
| 3 | ✓ | | ✓ | ✓ |
| 4 | ✓ | | ✓ | ✓ |
| 5 | ✓ | ✓ | ✓ | ✓ |
| 6 | | ✓ | ✓ | ✓ |

Relationships AGE 3-4

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

Changing Me AGE 3-4

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



Being Me In My World AGE 4-5

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

Celebrating Difference AGE 4-5

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

Dreams & Goals AGE 4-5

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



Healthy Me AGE 4-5

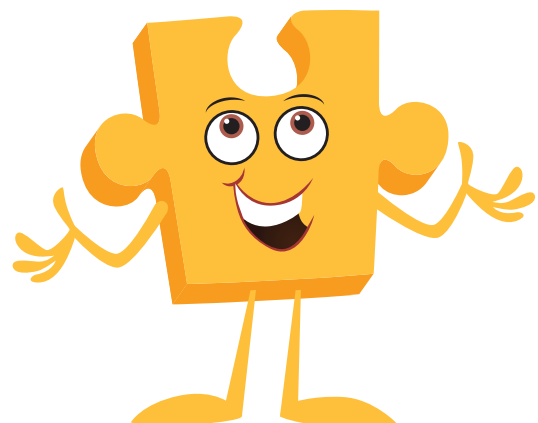
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1 | | | ✓ | ✓ |
| 2 | | ✓ | ✓ | ✓ |
| 3 | ✓ | | ✓ | ✓ |
| 4 | ✓ | | ✓ | ✓ |
| 5 | ✓ | ✓ | ✓ | ✓ |
| 6 | | ✓ | ✓ | ✓ |

Relationships AGE 4-5

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

Changing Me AGE 4-5

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



Being Me In My World AGE 5-6

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

Being Me In My World AGE 5-6

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

Celebrating Difference AGE 5-6

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

Celebrating Difference AGE 5-6

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

Dreams & Goals AGE 5-6

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

Dreams & Goals AGE 5-6

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

Healthy Me AGE 5-6

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

Healthy Me AGE 5-6

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

Relationships AGE 5-6

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

Relationships AGE 5-6

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

Changing Me AGE 5-6

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

Changing Me AGE 5-6

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

Being Me In My World AGE 6-7

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

Being Me In My World AGE 6-7

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

Celebrating Difference AGE 6-7

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

Celebrating Difference AGE 6-7

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

Dreams & Goals AGE 6-7

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

Dreams & Goals AGE 6-7

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

Healthy Me AGE 6-7

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

Healthy Me AGE 6-7

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

Relationships AGE 6-7

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

Relationships AGE 6-7

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

Changing Me AGE 6-7

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

Changing Me AGE 6-7

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

Being Me In My World AGE 7-8

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

Being Me In My World AGE 7-8

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

Celebrating Difference AGE 7-8

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

Celebrating Difference AGE 7-8

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

Dreams & Goals AGE 7-8

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

Dreams & Goals AGE 7-8

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

Healthy Me AGE 7-8

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

Healthy Me AGE 7-8

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

Relationships AGE 7-8

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

Relationships AGE 7-8

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

Changing Me AGE 7-8

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

Changing Me AGE 7-8

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

Being Me In My World AGE 8-9

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

Being Me In My World AGE 8-9

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

Celebrating Difference AGE 8-9

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

Celebrating Difference AGE 8-9

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

Dreams & Goals AGE 8-9

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

Dreams & Goals AGE 8-9

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

Healthy Me AGE 8-9

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

Healthy Me AGE 8-9

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

Relationships AGE 8-9

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

Relationships AGE 8-9

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

Changing Me AGE 8-9

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

Changing Me AGE 8-9

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

Being Me In My World AGE 9-10

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

Being Me In My World AGE 9-10

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

Celebrating Difference AGE 9-10

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

Celebrating Difference AGE 9-10

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

Dreams & Goals AGE 9-10

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

Dreams & Goals AGE 9-10

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

Healthy Me AGE 9-10

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

Healthy Me AGE 9-10

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

Relationships AGE 9-10

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

Relationships AGE 9-10

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

Changing Me AGE 9-10

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

Changing Me AGE 9-10

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

Being Me In My World AGE 10-11

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

Being Me In My World AGE 10-11

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

Celebrating Difference AGE 10-11

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

Celebrating Difference AGE 10-11

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

Dreams & Goals AGE 10-11

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

Dreams & Goals AGE 10-11

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

Healthy Me AGE 10-11

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

Healthy Me AGE 10-11

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

Relationships AGE 10-11

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

Relationships AGE 10-11

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

Changing Me AGE 10-11

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

Changing Me AGE 10-11

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

Being Me In My World AGE 11-12

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

Being Me In My World AGE 11-12

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

Celebrating Difference AGE 11-12

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

Celebrating Difference AGE 11-12

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

Dreams & Goals AGE 11-12

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

Dreams & Goals AGE 11-12

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

Healthy Me AGE 11-12

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

Healthy Me AGE 11-12

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

Relationships AGE 11-12

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

Relationships AGE 11-12

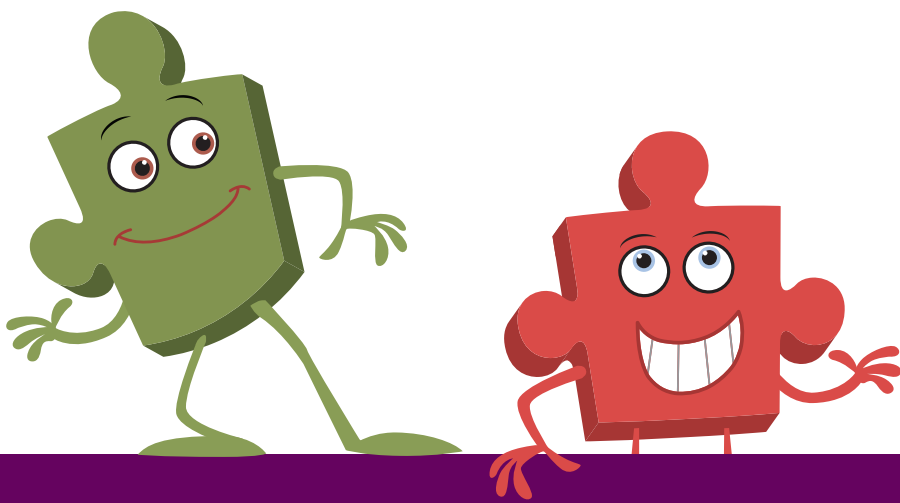
| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feelings |
|--------|----------------|---------------|---------|------------|-------------------|
| 1 | ✓ | ✓ | | | ✓ |
| 2 | ✓ | ✓ | | | ✓ |
| 3 | ✓ | ✓ | ✓ | | ✓ |
| 4 | ✓ | ✓ | | | ✓ |
| 5 | ✓ | ✓ | | ✓ | ✓ |
| 6 | ✓ | ✓ |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

Changing Me AGE 11-12

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

Changing Me AGE 11-12

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



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