



The mindful approach to PSHE

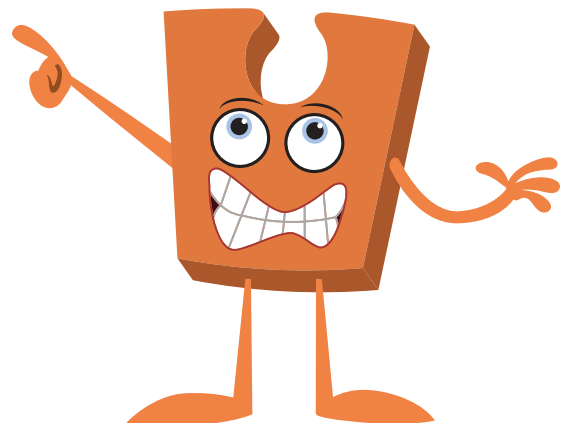
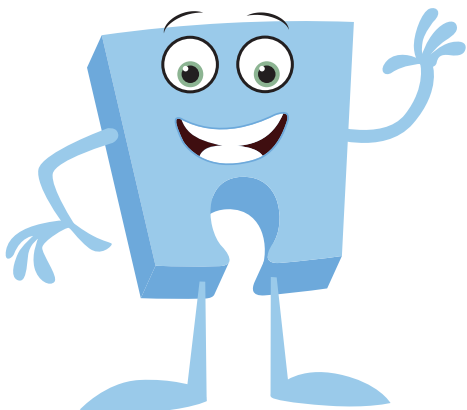
# SMSC and Emotional Literacy domains in Jigsaw 2nd Edition

**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

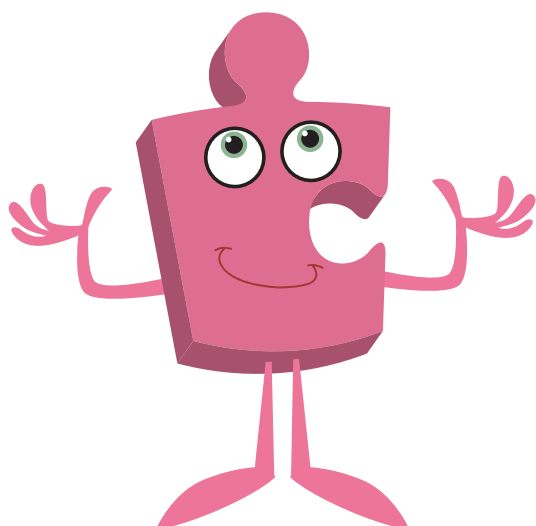
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      | ✓      |       | ✓         | ✓        |
| 2      | ✓      | ✓     | ✓         |          |
| 3      | ✓      | ✓     | ✓         |          |
| 4      |        | ✓     | ✓         | ✓    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

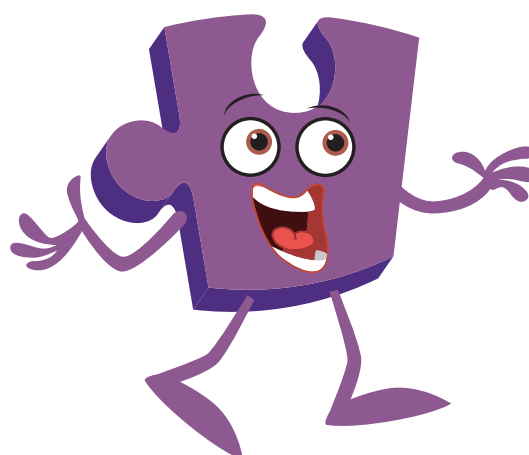
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         | ✓        |
| 2      |        | ✓     | ✓         | ✓        |
| 3      | ✓      |       | ✓         | ✓        |
| 4      | ✓      |       | ✓         | ✓    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

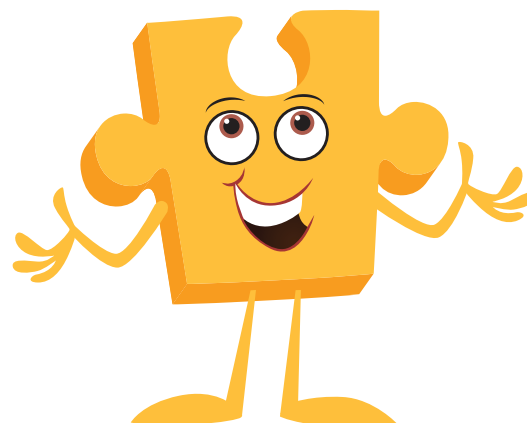
| Lesson | Social | Moral | Spiritual | Cultural |
|--------|--------|-------|-----------|----------|
| 1      |        |       | ✓         | ✓        |
| 2      |        | ✓     | ✓         | ✓        |
| 3      | ✓      |       | ✓         | ✓        |
| 4      | ✓      |       | ✓         | ✓    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

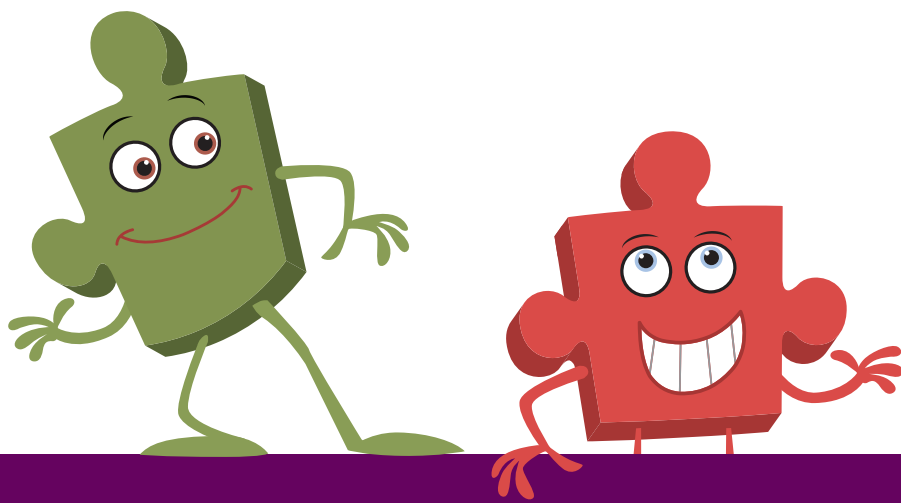
| Lesson | Self-awareness | Social Skills | Empathy | Motivation | Managing Feelings |
|--------|----------------|---------------|---------|------------|-------------------|
| 1      | ✓              | ✓             |         |            | ✓                 |
| 2      | ✓              | ✓             |         |            | ✓                 |
| 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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