



Relationships Education

Jigsaw

Lindisfarne, Warkworth and Bamburgh



Being Me in My World Puzzle Map - Ages 10-11



Puzzle Outcome

The whole-school Learning Charter is the Puzzle Outcome for this Puzzle.

Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
Help others to feel welcome	1. My Year Ahead	I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know how to use my Jigsaw Journal	I feel welcome and valued and know how to make others feel the same	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Meet and Greet Bingo sheets, Slide of J.K Rowling Optional: Teacher to source photo of J.K. Rowling from online, Spiral and flag templates, Jigsaw Jem, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jemie Cat.
Try to make our school community a better place	2. Being a Global Citizen 1	I know that there are universal rights for all children but for many children these rights are not met	I understand my own wants and needs and can compare these with children in different communities	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, PowerPoint slide - 5 questions, PowerPoint on cocoa production in Ghana, chocolate/sweets as prizes, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jem, Jigsaw Jemie Cat.
Think about everyone's right to learn	3. Being a Global Citizen 2	I understand that my actions affect other people locally and globally	I understand my own wants and needs and can compare these with children in different communities	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, strips of paper (one for each child), Maslow triangle PowerPoint and templates, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jemie Cat.
Care about other people's feelings	4. The Learning Charter	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, treasure box with rattly treasure, example completed Learning Charter, Learning Charter template, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jemie Cat, Jigsaw Jem.
Work well with others	5. Our Learning Charter	I understand how an individual's behaviour can impact on a group	I can contribute to the group and understand how we can function best as a whole	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, anti-social behaviour scenario, role-play cards, Corner school learning charter, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jem, Jigsaw Jemie Cat.
Choose to follow the Learning Charter	6. Owing our Learning Charter ★	I understand how democracy and having a voice benefits the school community	I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Learning Charter, My Jigsaw Journey, certificates, Jigsaw Journals, Jigsaw Jemie Cat.

Vocabulary

Goals
Worries
Fear
Values
Welcome
Choices
Ghana
West Africa
Cocoa plantation
Cocoa pods
Machete
Rights
Community
Education
Wants
Needs
Maslow
Empathy
Comparison
Opportunities
Responsibilities
Rewards
Consequences
Empathise
Learning Charter
Obstacles
Co-operation
Collaboration
Legal
Illegal
Lawful
Laws
Participation
Motivation
Democracy
Decision
Proud

Autumn Term 2

Celebrating Difference Puzzle Map - Ages 10-11



Puzzle Outcome

Help me fit together the six pieces of learning about Celebrating Difference to create the Hall of Fame display
(Puzzle Outcome: Admiration Accolades - Piece 5)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Accept that everyone is different	1. Am I Normal?	I understand there are different perceptions about what normal means	I can empathise with people who are different	Jigsaw Chime, 'Calm Me' script, Quiz sheets, Jigsaw Jem, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Include others when working and playing	2. Understanding Difference	I understand how being different could affect someone's life	I am aware of my attitude towards people who are different	Jigsaw Chime, 'Calm Me' script, Life story of Robert/Roberta Cowell, Community pictures, Jigsaw Jem, A3 paper or sugar paper, photos of other trans people, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Know how to help if someone is being bullied	3. Power Struggles	I can explain some of the ways in which one person or a group can have power over another	I know how it can feel to be excluded or treated badly by being different in some way	Jigsaw Chime, 'Calm Me' script, Teacher to source bullying support information, Jigsaw Song: 'There's a Place' Power scenario resource sheet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Try to solve problems	4. Why Bully	I know some of the reasons why people use bullying behaviours	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	Jigsaw Chime, 'Calm me' script, Jigsaw Jem, Bullying PowerPoint, Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Try to use kind words	5. Celebrating Difference Puzzle Outcome: Admiration Accolades	I can give examples of people with disabilities who lead amazing lives	I appreciate people for who they are	Jigsaw Chime, 'Calm Me' script, Ball, Jigsaw Jem, PowerPoint slide of Paralympians, YouTube clip - Paralympians, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Know how to give and receive compliments	6. Celebrating Difference ★ Assessment Opportunity	I can explain ways in which difference can be a source of conflict and a cause for celebration	I can show empathy with people in either situation	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, PowerPoint slide: pictures of conflict/celebration, Peer assessment sheet, Draw cards (two alternative sets to choose from), Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jemie Cat.

Vocabulary

Normal
 Ability / Disability
 Visual Impairment
 Empathy
 Perception
 Medication
 Vision
 Blind
 Male / Female
 Diversity
 Transgender (within the context of feeling different and the Equality Act)
 Gender diversity
 Courage
 Fairness
 Rights
 Responsibility
 Power
 Struggle
 Imbalance
 Control
 Harassment
 Bullying
 Bullying behaviour
 Direct / Indirect
 Argument
 Recipient
 Para Olympian
 Achievement
 Accolade
 Sport
 Perseverance
 Admiration
 Stamina
 Celebration
 Difference
 Conflict

Spring Term 1

Dreams and Goals

Puzzle Map - Ages 10-11



Puzzle Outcome

Help me fit together the six pieces of learning about my dreams and goals to create Our Garden of Dreams and Goals (Pieces 3-5: Flags/Fundraising events)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Stay motivated when doing something challenging	1. Personal Learning Goals	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)	I understand why it is important to stretch the boundaries of my current learning	Jigsaw Chime, 'Calm Me' script, Strength cards, Jigsaw Jem, Goal cards template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Keep trying even when it is difficult	2. Steps to Success	I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these	I can set success criteria so that I will know whether I have reached my goal	Jigsaw Chime, 'Calm Me' script, Jigsaw Song: 'For Me', PowerPoint slides: totem poles, Totem pole goal-setting template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Work well with a partner or in a group	3. My Dream For the World Puzzle outcome: Flags/bunting	I can identify problems in the world that concern me and talk to other people about them	I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations	Jigsaw Jem, Jigsaw Chime, 'Calm Me' script, Global issue photo cards, World Map, Jigsaw Journals, Coloured triangular pieces of material and string, Global Issues Photo PowerPoint, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have a positive attitude	4. Helping to Make a Difference Puzzle outcome: Fundraising event	I can work with other people to help make the world a better place	I can empathise with people who are suffering or who are living in difficult situations	Sponge ball, Timer, Jigsaw Chime, 'Calm Me' script, Global issue photo cards (from Piece/lesson 3), Recommended: Video clips of TV charity events/ charity TV adverts (Teacher to source), Project plan sheet, Jigsaw Journals, Jigsaw Jem, My Jigsaw Journey, Jigsaw Jerrie Cat.
Help others to achieve their goals	5. Helping to Make a Difference	I can describe some ways in which I can work with other people to help make the world a better place	I can identify why I am motivated to do this	Sponge ball, Timer, Jigsaw Chime, 'Calm Me' script, Group Project plans from last piece/lesson, Jigsaw Journals, Jigsaw Jem, My Jigsaw Journey, Jigsaw Jerrie Cat.
Are working hard to achieve their own dreams and goals	6. Recognising Our Achievements Assessment Opportunity ★	I know what some people in my class like or admire about me and can accept their praise	I can give praise and compliments to other people when I recognise their contributions and achievements	Jigsaw Jem, Jigsaw Chime, 'Calm Me' script, Post-it notes, Achievement card template, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.

Vocabulary

Dream
 Hope
 Goal
 Learning
 Strengths
 Stretch
 Achievement
 Personal
 Realistic / unrealistic
 Feeling
 Success
 Criteria
 Learning Steps
 Money
 Global
 Issue
 Suffering
 Concern
 Hardship
 Empathy
 Motivation
 Sponsorship
 Admire
 Respect
 Praise
 Compliment
 Contribution
 Recognition

Spring Term 2

Healthy Me Puzzle Map - Ages 10-11



Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Piece 6: Healthy Body, Healthy Mind

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. Taking responsibility for my health and well-being	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health	Jigsaw Chime, 'Calm Me' script, Guess what I am? PowerPoint, Taking responsibility role play cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Have eaten a healthy, balanced diet	2. Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs	Jigsaw Chime, 'Calm Me' script, PowerPoint slide : Drug definition, PowerPoint slide : Drug categories, Drug groups sorting resource, Teacher resource sheet (Information only), My Jigsaw Journey, Jigsaw Journal, Jigsaw Jem, Jigsaw Jerrie Cat.
Have been physically active	3. Exploitation	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves	Jigsaw Chime, 'Calm Me' script, Ava and Kiran's story, Pens of two different colours (ideally red and green) enough for each group, Advice PowerPoint slide, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Gangs	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised	Jigsaw Chime, 'Calm Me' script, Gang images PowerPoint, 'Gangs are...' game cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Know how to be a good friend and enjoy healthy friendships	5. Emotional and Mental Health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Emotional well PowerPoint slide, My emotional well template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to keep calm and deal with difficult situations	6. Managing Stress and Pressure Puzzle Outcome: Healthy Body, Healthy Mind Assessment Opportunity ★	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure	Jigsaw Chime, 'Calm Me' script, PowerPoint slides of adults under stress, Cube template (copied on to card), Glue, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jem, Jigsaw Jerrie Cat.

Vocabulary

Responsibility Choice
 Immunisation
 Prevention
 Drugs Effect
 Motivation
 Prescribed
 Over-the-counter
 Restricted / Unrestricted
 Illegal 'Legal highs'
 Exploited
 Vulnerable
 Drugs
 Criminal
 Gangs
 Pressure
 Strategies
 Reputation
 Anti-social behaviour
 Crime
 Mental Health
 Emotional Health
 Mental Illness
 Symptoms
 Stress
 Managing stress
 Pressure
 Triggers

Summer Term 1

Puzzle 5 - Relationships Puzzle Map - Ages 10-11



Puzzle Outcome

Help me fit together the six pieces of learning about Relationships to create 'Our Relationship Fiesta'
Piece 6: Internet Safety Presentation

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Know how to make friends	1. What is Mental Health?	I know that it is important to take care of my mental health	I understand that people can get problems with their mental health and that it is nothing to be ashamed of	Jigsaw Chime, 'Calm Me' script, Post it notes or slips of paper, PowerPoint slide 'Mental health definition', PowerPoint slide of a set of scales, Optional: Set of balance scales, 'Situation cards', Jigsaw Jem, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Try to solve friendship problems when they occur	2. My Mental Health	I know how to take care of my mental health	I can help myself and others when worried about a mental health problem	Jigsaw Chime, 'Calm Me' script, Ball of string or wool, PowerPoint slide 'Thoughts, feelings, actions cycle' and handouts, Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Help others to feel part of a group	3. Love and Loss	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when I am feeling those emotions and have strategies to manage them	20 random objects on a tray, Jigsaw Chime, 'Calm Me' script, Loss or change cards, Post-its, PowerPoint - stages of grief, Optional: Jigsaw in Focus book: 'Can You Hear the Sea?' available to purchase inexpensively from the Jigsaw online store www.jigsawpshe.com/online-store , Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Show respect in how they treat others	4. Power and Control	I can recognise when people are trying to gain power or control	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, PowerPoint slide 'Power and Control', Power and Control scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to help themselves and others when they feel upset or hurt	5. Being Online: Real or Fake? Safe or Unsafe?	I can judge whether something online is safe and helpful for me	I can resist pressure to do something online that might hurt myself or others	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Calculators, SMARRT rules PowerPoint, 'Online scenario cards', Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know and show what makes a good relationship	6. Using Technology Responsibly Puzzle Outcome: Internet Safety Presentation Assessment Opportunity ★	I can use technology positively and safely to communicate with my friends and family	I can take responsibility for my own safety and well-being	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, PowerPoint slide SMARRT rules from last Piece (lesson), PowerPoint slide of confused adult, PowerPoint slides of outdated technology, Planning sheets for Internet safety PowerPoint presentation, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.

Vocabulary

Mental health	Ashamed
Stigma	Stress
Anxiety	Support
Worried	Signs
Stress	Warning
Support	Emotions
Feelings	Sadness
Loss	Grief
Dental	Despair
Guilt	Shock
Hopelessness	Anger
Acceptance	
Bereavement	
Coping strategies	Power
Control	Authority
Bullying	Script
Assertive	Risks
Pressure	
Influences	
Self-control	
Real / fake	
True / untrue	
Assertiveness	
Judgement	
Communication	
Technology	
Cyberbullying	
Abuse	
Safety	

Summer Term 2

Puzzle 6 - Changing Me

Puzzle Map - Ages 10-11



Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create the Tree of Change display
 Piece 6: T-shirts

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Understand that everyone is unique and special	1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem	Classroom labels (letter A- D), 'Time and Money' PowerPoint slides, Facts About Fashion PowerPoint slide, Jigsaw Chime, 'Calm me' script, Flip chart and pens, Unhelpful/helpful resource, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Can express how they feel when change happens	2. Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty	Growing-Up Bingo cards, Jigsaw Chime, 'Calm Me' script, Puberty Flashcards, PowerPoint slides of male and female organs, PowerPoint slides: female and male body changes, Animation: Female and Male Reproductive Systems, Puberty Truth or Myth cards, enough for each working group to have one complete set, Boy worries / Girl worries cards, Teacher notes page (Boy/Girl worries), Advice on personal hygiene for teens (can be from leaflets or sourced online by the TEACHER for appropriateness)., Blank paper, Jigsaw Jem's Private Post Box, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Understand and respect the changes that they see in themselves	3. Babies: Conception to Birth Assessment Opportunity ★	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby	Tennis ball, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, PowerPoint slides of a baby developing in the womb, A set of 'Baby Can...' cards, cut up and shuffled, Animations: Female and Male Reproductive Systems, From Conception to Birth resource sheet, Conception to Birth card sort template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Should I / Shouldn't I? resource, Diamond 9 Cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jemie Cat.
Know who to ask for help if they are worried about change	5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'	Jigsaw Chime, 'Calm me' script, Cosmetic items: a tube of toothpaste, a hair product for men, an item of make-up, PowerPoint slides 'Ideal bodies', 'Real' self/'ideal' self templates – 2 copies per child, Different coloured pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jemie Cat.
Are looking forward to change	6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know know how to prepare myself emotionally for the changes next year.	Jigsaw Jem, Jigsaw Chime, 'Calm Me' script, PowerPoint slide - Bungee run, Paper and pens, Optional: Blank T-shirts, Optional: Fabric pens, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jemie Cat.

NB- this puzzle will be reviewed by staff prior to teaching it, to ensure that it suits the needs of the children. Additional information will be shared with parents about this puzzle and its sensitive nature.

Vocabulary

Self-image
 Self-esteem
 Real self
 Celebrity
 Opportunities
 Freedoms
 Responsibilities
 Puberty
 Pubic Hair
 Voice breaks
 Menstruation
 Semen
 Growing taller
 Hips widen
 Facial hair
 Erection
 Tampon
 Sanitary towel
 Breasts
 Hormones
 Wet dream
 Ovulation
 Testicles
 Sperm
 Underarm hair
 Penis
 Feeling moody
 Vagina
 Womb
 Fallopian Tube

Vulva
 Pregnancy
 Embryo
 Foetus
 Placenta
 Umbilical Cord
 Labour
 Contractions
 Cervix
 Midwife
 Attraction
 Relationship
 Pressure
 Love
 Sexting / nude / semi nude images
 Self-esteem
 Negative body talk
 Choice
 Feelings / emotions
 Challenge
 Mental health
 Transition
 Secondary school
 Looking forward
 Journey
 Worries
 Anxiety
 Hopes
 Excitement