

## Healthy Me

### Puzzle Map - F2 (Reception) - Ages 4-5

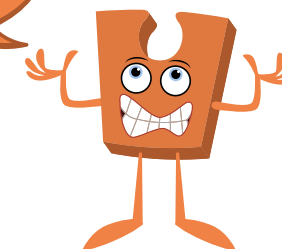
#### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create the Bedtime section of the Healthy Me Recipe Book (see Piece 4)

| Weekly Celebration                                                | Pieces                          | Learning Intentions                                                                                                      | Resources                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Have made a healthy choice</b>                                 | 1. Everybody's Body             | I understand that I need to exercise to keep my body healthy                                                             | Jigsaw Song sheet: 'Make a Good Decision'<br>Jigsaw Jenie<br>Colouring pictures<br>Assortment of pictures of active play/sports (Teachers to find more)<br>Jigsaw Jerrie Cat<br>Jigsaw Chime                                                                                 |
| <b>Have eaten a healthy, balanced diet</b>                        | 2. We like to move it, move it! | I understand how moving and resting are good for my body                                                                 | Large space needed<br>Calm music to assist with the cool down<br>Small apparatus<br>Jigsaw Jenie<br>Jigsaw Jerrie Cat<br>Jigsaw Chime                                                                                                                                        |
| <b>Have been physically active</b>                                | 3. Food, Glorious Food          | I know which foods are healthy and not so healthy and can make healthy eating choices                                    | An assortment of healthy food and not so healthy food (preferably real) to make a sandwich<br>Fruit for directed activity<br>Shopping bags/basket<br>Food, Glorious Food song<br>Jigsaw Jenie<br>Jigsaw Jerrie Cat<br>Jigsaw Chime                                           |
| <b>Have tried to keep themselves and others safe</b>              | 4. Sweet Dreams                 | I know how to help myself go to sleep and understand why sleep is good for me                                            | Bedtime equipment: Pyjamas, Teddy, Hot water bottle, Dressing gown, Glass of milk, Night light, Story book<br>Chitty Chitty Bang Bang DVD (or similar example)<br>Jigsaw Jenie<br>Lullaby CD<br>Large clock<br>Jigsaw Jerrie Cat<br>Jigsaw Chime                             |
| <b>Know how to be a good friend and enjoy healthy friendships</b> | 5. Keeping Clean                | I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet | Cleaning equipment: jug of water, bowl, soap, flannel, towel<br>Fruit/vegetables<br>Dirt<br>Jigsaw Jenie<br>Jigsaw Jerrie Cat<br>Jigsaw Chime                                                                                                                                |
| <b>Know how to keep calm and deal with difficult situations</b>   | 6. Stranger Danger              | I know what a stranger is and how to stay safe if a stranger approaches me                                               | Book: 'Not Everyone is Nice' (Let's Talk Book) by Ann Tedesco, or similar Book" 'Never Talk to Strangers', by Irma Joyce<br>If possible, ask your local PCSO to come by and chat to the children about Stranger Danger.<br>Jigsaw Jenie<br>Jigsaw Jerrie Cat<br>Jigsaw Chime |

# Healthy Me

## Puzzle Map - Ages 5-6



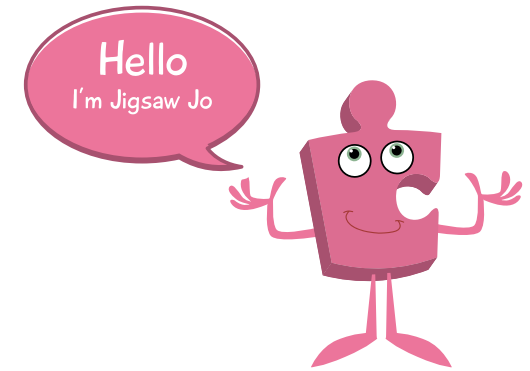
### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'  
 Piece 6: Keeping clean and healthy

| Weekly Celebration                                         | Pieces                                                                                     | PSHE learning intention                                                                                                                                                                       | Social and emotional development learning intention                 | Resources                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Have made a healthy choice                                 | 1. Being Healthy                                                                           | I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy                                                                                    | I feel good about myself when I make healthy choices                | Jigsaw Chime, 'Calm Me' script, PowerPoint slides, Healthy Balance Sum sheet, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                                                                                                                     |
| Have eaten a healthy, balanced diet                        | 2. Healthy Choices                                                                         | I know how to make healthy lifestyle choices                                                                                                                                                  | I feel good about myself when I make healthy choices                | Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Jigsaw Son: 'Make a Good Decision', PowerPoint slides, Child picture template, Healthy Balance Sum sheet, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                                            |
| Have been physically active                                | 3. Clean and Healthy                                                                       | I know how to keep myself clean and healthy, and understand how germs cause disease/illness<br><br>I know that all household products including medicines can be harmful if not used properly | I am special so I keep myself safe                                  | Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Bag of toiletry items, e.g. toothbrush, tooth cleaning equipment, shampoo, soap, etc., Empty bathroom and kitchen cleaning products, Pictures of household products, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat. |
| Have tried to keep themselves and others safe              | 4. Medicine Safety                                                                         | I understand that medicines can help me if I feel poorly and I know how to use them safely                                                                                                    | I know some ways to help myself when I feel poorly                  | Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Empty medicine packaging, Picture cards, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                                                                                                             |
| Know how to be a good friend and enjoy healthy friendships | 5. Road Safety                                                                             | I know how to keep safe when crossing the road, and about people who can help me to stay safe                                                                                                 | I can recognise when I feel frightened and know who to ask for help | Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, PowerPoint slide: Learn to cross the road, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                                                                                                           |
| Know how to keep calm and deal with difficult situations   | 6. Happy, Healthy Me Assessment Opportunity *<br>Puzzle outcome: Keeping clean and healthy | I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy                                                                                          | I can recognise how being healthy helps me to feel happy            | Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Keeping Clean and Healthy timeline template, Jigsaw Journals, My Jigsaw Learning, Certificates, Jigsaw Jerrie Cat.                                                                                                           |

# Healthy Me

## Puzzle Map - Ages 6-7



### 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 Recipes)

| Weekly Celebration                                         | Pieces                                                                               | PSHE learning intention                                                                                                        | Social and emotional development learning intention                                            | Resources                                                                                                                                                                                                   |
|------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Have made a healthy choice                                 | 1. Being Healthy                                                                     | I know what I need to keep my body healthy                                                                                     | I am motivated to make healthy lifestyle choices                                               | Jigsaw Chime, 'Calm Me' script, Jigsaw Song: 'Make a Good Decision', Help Jigsaw Jo sheet, Jigsaw Jo, Music, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                        |
| Have eaten a healthy, balanced diet                        | 2. Being Relaxed                                                                     | I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed | I can tell you when a feeling is weak and when a feeling is strong                             | Jigsaw Chime, 'Calm Me' script, PowerPoint slides, PowerPoint slides - printed copies, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                                              |
| Have been physically active                                | 3. Medicine Safety                                                                   | I understand how medicines work in my body and how important it is to use them safely                                          | I feel positive about caring for my body and keeping it healthy                                | Jigsaw Chime, 'Calm Me' script, Bag of empty medicine packets/bottles, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                                                                              |
| Have tried to keep themselves and others safe              | 4. Healthy Eating                                                                    | I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy                  | I have a healthy relationship with food and know which foods I enjoy the most                  | Jigsaw Chime, 'Calm Me' script, Eat Well Plate - complete, Eat Well Plate - blank, Food cards, Pictures of composite foods, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.                         |
| Know how to be a good friend and enjoy healthy friendships | 5. Healthy Eating                                                                    | I can make some healthy snacks and explain why they are good for my body                                                       | I can express how it feels to share healthy food with my friends                               | Jigsaw Chime, 'Calm Me' script, Jigsaw Jo, A range of healthy food choices/ snack ingredients, Basic cookery equipment, Recipe cards, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.               |
| Know how to keep calm and deal with difficult situations   | 6. Happy, Healthy Me!<br>Puzzle outcome: Healthy recipes<br>Assessment Opportunity * | I can decide which foods to eat to give my body energy                                                                         | I have a healthy relationship with food and I know which foods are most nutritious for my body | Jigsaw Chime, 'Calm Me' script, Happy Healthy Me Recipe templates, Optional: large pieces of paper for life-size child body outlines, Jigsaw Journals, My Jigsaw Learning, Certificates, Jigsaw Jerrie Cat. |

# Healthy Me

## Puzzle Map - Ages 7-8



### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' (Piece 4: Keeping safe)

| Weekly Celebration                                         | Pieces                                         | PSHE learning intention                                                                                                                                                    | Social and emotional development learning intention          | Resources                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Have made a healthy choice                                 | 1. Being Fit and Healthy                       | I understand how exercise affects my body and know why my heart and lungs are such important organs                                                                        | I can set myself a fitness challenge                         | Jigsaw Chime, 'Calm Me' script, PowerPoint slide 'My body in balance', PowerPoint 'Children need to be active for at least one hour a day', Fitness Challenge Template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.                                                                                                                     |
| Have eaten a healthy, balanced diet                        | 2. Being Fit and Healthy                       | I know that the amount of calories, fat and sugar I put into my body will affect my health                                                                                 | I know what it feels like to make a healthy choice           | Jigsaw Chime< 'Calm Me' script, Jigsaw Song: 'Make A Good Decision', Range of food/drink (some with food labelling that show the amount of energy, fats and sugar). Try to include some healthy and less healthy choices depending on the amount of sugar and fat), 'How much sugar?' game, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat. |
| Have been physically active                                | 3. What Do I Know About Drugs?                 | I can tell you my knowledge and attitude towards drugs                                                                                                                     | I can identify how I feel towards drugs                      | Jigsaw Chime, 'Calm Me' script, A4 white paper and pen for each child, Draw and Write instruction sheet, Feelings word template, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jerrie Cat.                                                                                                                                                             |
| Have tried to keep themselves and others safe              | 4. Being Safe<br>Puzzle outcome: Keeping safe  | identify things, people and places that I need to keep safe from<br>know some strategies for keeping myself safe, who to go to for help and how to call emergency services | I can express how being anxious or scared feels              | Jigsaw Chime, 'Calm Me' script, A piece of foreboding music e.g. Theme from Jaws, My Jigsaw Journey, Jigsaw Journal, Jigsaw Jerrie Cat.                                                                                                                                                                                                            |
| Know how to be a good friend and enjoy healthy friendships | 5. Safe or Unsafe                              | I can identify when something feels safe or unsafe                                                                                                                         | I can take responsibility for keeping myself and others safe | Jigsaw Chime, 'Calm Me' script, PowerPoint of scared child, Short story templates, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.                                                                                                                                                                                                          |
| Know how to keep calm and deal with difficult situations   | 6. My Amazing Body<br>Assessment Opportunity * | I understand how complex my body is and how important it is to take care of it                                                                                             | I respect my body and appreciate what it does for me         | Jigsaw Chime, 'Calm Me' script, PowerPoint slide: My amazing body, PowerPoint slides: Example infographic, Other infographic examples (teacher to source online), Paper/pens, (Optional: computers/tablets for children to design infographic), Jigsaw Journal, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.                                |

# Healthy Me

## Puzzle Map - Ages 8-9



### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' (Piece 5: Healthy Friendships)

| Weekly Celebration                                         | Pieces                                                                         | PSHE learning intention                                                                                                                        | Social and emotional development learning intention                                                                                                                                          | Resources                                                                                                                                                                                       |
|------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Have made a healthy choice                                 | 1. My Friends and Me                                                           | I recognise how different friendship groups are formed, how I fit into them and the friends I value the most                                   | I can identify the feelings I have about my friends and my different friendship groups                                                                                                       | Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Concentric circles template (Friendship chart), Jigsaw Journals, Teacher prepared 'Friendship chart' example, My Jigsaw Journey, Jigsaw Jerrie Cat. |
| Have eaten a healthy, balanced diet                        | 2. Group Dynamics                                                              | I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations  | I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with                                                                       | Jigsaw Chime, 'Calm Me' script, Scenario PowerPoint slide, Different roles: Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.                                              |
| Have been physically active                                | 3. Smoking                                                                     | I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke                        | I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others | Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Smoking Facts Picture Puzzle, Scenario cards: What happens next?, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.                            |
| Have tried to keep themselves and others safe              | 4. Alcohol                                                                     | I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol | I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others | Jigsaw Chime, 'Calm Me' script, Jigsaw song: Make a good decision, True/False quiz, PowerPoint slide: liver and liver facts, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.             |
| Know how to be a good friend and enjoy healthy friendships | 5. Healthy Friendships<br>Puzzle Outcome: Healthy Friendships                  | I can recognise when people are putting me under pressure and can explain ways to resist this when I want                                      | I can identify feelings of anxiety and fear associated with peer pressure                                                                                                                    | Jigsaw Chime, 'Calm Me' script, Jigsaw song: 'Make a good decision', Aiden's story, Flip chart and chunky pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.                          |
| Know how to keep calm and deal with difficult situations   | 6. Celebrating My Inner Strength and Assertiveness<br>Assessment Opportunity ★ | I know myself well enough to have a clear picture of what I believe is right and wrong                                                         | I can tap into my inner strength and know how to be assertive                                                                                                                                | Jigsaw Chime, 'Calm Me' script, Remote control PowerPoint slide, Scenario PowerPoint slide Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.                                 |

# Healthy Me

## Puzzle Map - Ages 9-10



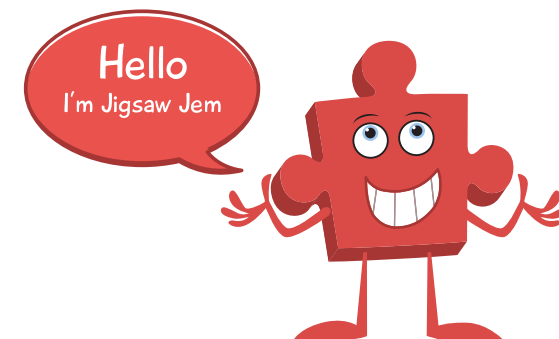
### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'  
 Piece 5: Healthy Body Image

| Weekly Celebration                                         | Pieces                                                              | PSHE learning intention                                                                                                                                                | Social and emotional development learning intention                                                                                | Resources                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Have made a healthy choice                                 | 1. Smoking                                                          | I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.                                                                    | I can make an informed decision about whether or not I choose to smoke and know how to resist pressure                             | Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Smoking quiz sheets and answers<br>Image of the Tobacco Industry's Poster Child, (Teacher to source- can be easily found from the internet), Optional: Teacher sourced images from the media e.g. celebrities who smoke , Optional: Children's access to the internet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat. |
| Have eaten a healthy, balanced diet                        | 2. Alcohol                                                          | I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart                                                | I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure                     | Jigsaw Chime, 'Calm Me' script, Alcohol puzzle pieces, PowerPoint slide: Anti-social behaviour definition, Gregg and Lottie's story, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.                                                                                                                                                                    |
| Have been physically active                                | 3. Emergency Aid                                                    | I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations                         | I know how to keep myself calm in emergencies                                                                                      | Jigsaw Chime, 'Calm Me' script, Recovery position PowerPoint, Optional: Teacher could source an appropriate video from the internet that shows the stage of the recovery position, Storyboard template, Emergency situation cards, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.                                                                      |
| Have tried to keep themselves and others safe              | 4. Body Image                                                       | I understand how the media, social media and celebrity culture promotes certain body types                                                                             | I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am | Jigsaw Chime, 'Calm Me' script, PowerPoint slide: Body image definition, Teacher to source 'Photo-shopped images of celebrities; before and after). Easily obtained online. Ensure male and female pictures are included., Message game cards, Timer, Top Tips PowerPoint slide, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jez, Jigsaw Jerrie Cat.                       |
| Know how to be a good friend and enjoy healthy friendships | 5. My Relationship with Food<br>Puzzle Outcome : Healthy Body Image | I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures | I respect and value my body                                                                                                        | Jigsaw Chime, 'Calm Me' script, 'Food is...' sorting cards, Teacher to source a range of food adverts e.g. from online sources or from magazines, White card, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.                                                                                                                                          |
| Know how to keep calm and deal with difficult situations   | 6. Healthy Me<br>Assessment Opportunity ★                           | I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy                                                  | I am motivated to keep myself healthy and happy                                                                                    | Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Debate cards (if being used), Jigsaw Journals, My Jigsaw Journey, Certificate, Jigsaw Jez, Jigsaw Jerrie Cat.                                                                                                                                                                                                                 |

# 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                                 | <b>1. Taking responsibility for my health and well-being</b>                                                                   | 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                        | <b>2. Drugs</b>                                                                                                                | 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                                | <b>3. Exploitation</b>                                                                                                         | 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              | <b>4. Gangs</b>                                                                                                                | 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 | <b>5. Emotional and Mental Health</b>                                                                                          | 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   | <b>6. Managing Stress and Pressure</b><br><b>Puzzle Outcome: Healthy Body, Healthy Mind</b><br><b>Assessment Opportunity ★</b> | 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.                                                |