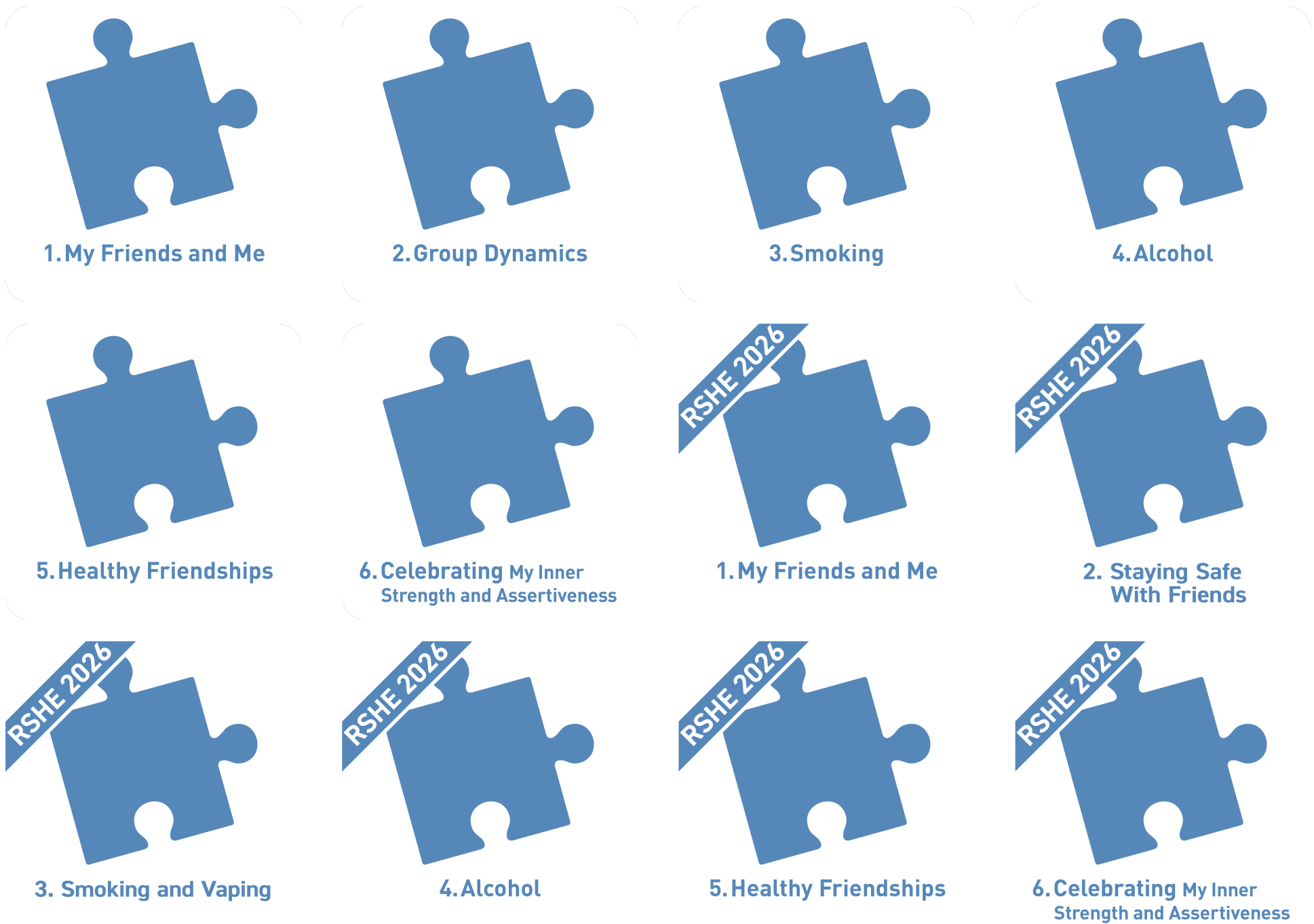




[Puzzle Map](#)

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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	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
(Find out more)	and Vocabulary			<i>For every lesson:</i> <u>Jigsaw Charter</u> Jigsaw Jaz Jigsaw Chime My Jigsaw Journey Jigsaw Journals <u>Learning/Reflection Sheets</u> Jigsaw Jerrie Cat

Have made a healthy choice	1. My Friends and Me <i>Friendships</i> <i>Emotions</i> <i>Healthy</i> <i>Relationships</i> <i>Friendship groups</i> <i>Value</i>	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	Teacher prepared 'Friendship chart' example Concentric circles template (Friendship chart)
Have eaten a healthy, balanced diet	2. Group Dynamics <i>Friendship groups</i> <i>Roles</i> <i>Leader</i> <i>Follower</i> <i>Assertive</i> <i>Agree/disagree</i>	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	Scenario cards
Have been physically active	3. Smoking <i>Smoking</i> <i>Vaping</i> <i>Pressure</i> <i>Peers</i> <i>Guilt</i> <i>Advice</i>	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	Smoking Facts Picture Puzzle Scenario cards: What happens next?
Have tried to keep themselves and others safe	4. Alcohol <i>Alcohol</i> <i>Liver</i> <i>Disease</i>	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	Song: Make a good decision (embedded in lesson) Anatomy - The Liver
Know how to be a good friend and enjoy healthy friendships	5. Healthy Friendships <i>Pressure</i> <i>Peers</i> <i>Anxiety</i> <i>Fear</i> 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	Flip chart and chunky pens Jigsaw song: 'Make A Good Decision' (embedded in lesson) Aiden's Story

Know how to keep calm and deal with difficult situations	6. Celebrating My Inner Strength and Assertiveness • <i>Believe</i> • <i>Assertive</i> • <i>Opinion</i> • <i>Right</i> • <i>Wrong</i> 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	<u>Certificates</u>
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