

# SRE 2024

## Year 5



**Jigsaw!**<sup>®</sup>

The mindful approach to PSHE

# Our Scheme: Jigsaw

**As you are aware, at Winterbourne, we use the Jigsaw Scheme of Work. This is a mindful approach to PSHE (Personal, Social, Health Education) and it was developed with a mission to make learning and life chances better for our children, by systematically developing their inner worlds, empowering them as unique individuals with positive relationships, with self and others.**

**The Jigsaw philosophy is about valuing and respecting every individual for who they are, and empowering them to be happy, healthy and compassionate human beings.**



**Our unit this half term is called:**



## The sub-divisions to this unit are:



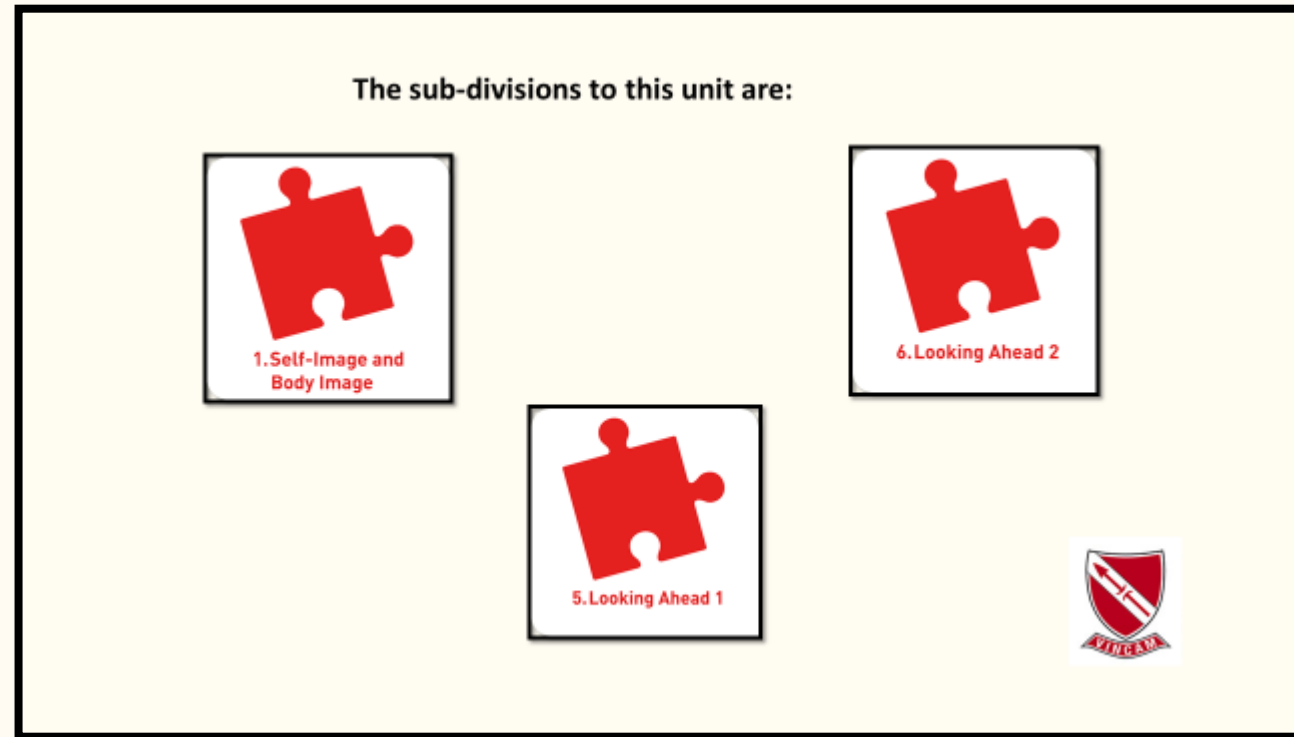


## Our Charter

**At the beginning of each session, we read this charter to pupils so that they understand the expectations and their responsibility during the lesson.**



Here is a brief overview of each sub-division along with its resources.



# Self Image and Body Image



Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention	Resources
<p>Understand that everyone is unique and special</p>	<p><b>1. Self and Body Image</b></p> <ul style="list-style-type: none"> <li>• <i>Self</i></li> <li>• <i>Self-image</i></li> <li>• <i>Body image</i></li> <li>• <i>Self-esteem</i></li> <li>• <i>Perception</i></li> <li>• <i>Characteristics</i></li> <li>• <i>Aspects</i></li> <li>• <i>Affirmation</i></li> </ul>	<p>I am aware of my own self-image and how my body image fits into that</p>	<p>I know how to develop my own self esteem</p>	<p>Jigsaw Chime, Jigsaw Jez, <b>Self-image cards, Emoji face classroom labels, Airbrushed images (teacher sourced), Frame card template, Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jerrie Cat.</b></p>

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**Self Image**









**Ask Me This...**

**If someone disliked their body image,  
what could images like these do  
to their wellbeing and self-esteem?**



## "What contributes to my self-image?"

How I feel about my appearance

How I feel about my personality

How I get on with others

The things I can't do or struggle with

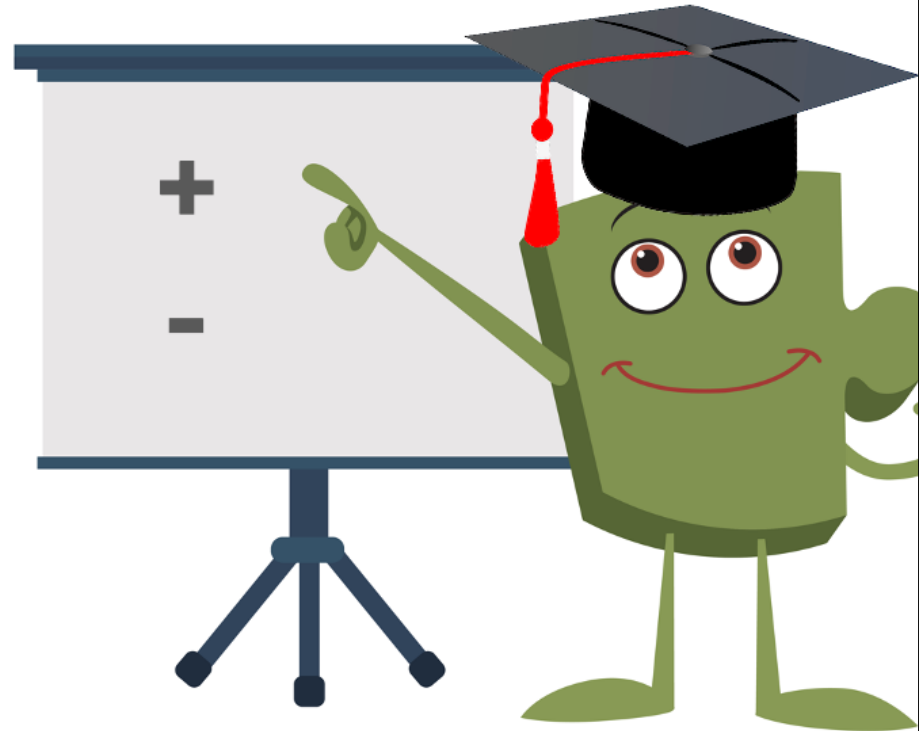
The talents or skills I have

How I think others see me

What I like about myself

What I dislike about myself

# Transforming Negatives





## “What contributes to my self-image?”

How I feel about my appearance

How I feel about my personality

How I get on with others

The things I can't do or struggle with

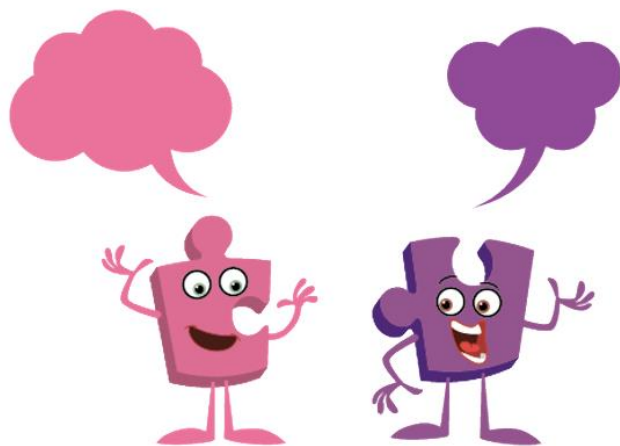
The talents or skills I have

How I think others see me

What I like about myself

What I dislike about myself





**Change one statement to  
a positive affirmation**

# Looking Ahead 1

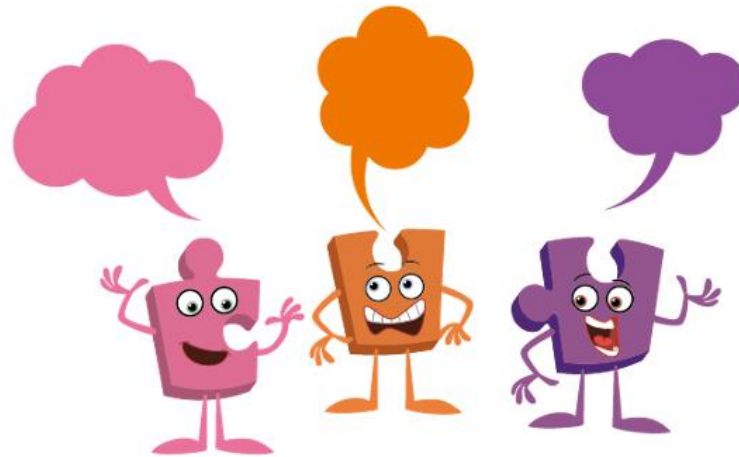


<p>Know who to ask for help if they are worried about change</p>	<p><b>5. Looking Ahead 1</b></p> <p><b>Puzzle Outcome:</b></p> <p><b>Change Cards</b></p> <ul style="list-style-type: none"><li>• <i>Teenager</i></li><li>• <i>Milestone</i></li><li>• <i>Perceptions</i></li><li>• <i>Puberty</i></li><li>• <i>Responsibilities</i></li><li>• <i>Consent</i></li></ul>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>	<p>I am confident that I can cope with the changes that growing up will bring</p>	<p>Jigsaw Song: 'A New Day', Jigsaw Chime, Jigsaw Jez, Selection of pages from teen magazines, Flip chart paper, Paper or card for card designs, Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jerrie Cat.</p>
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**What do magazines show us about  
what life is like as a teenager?**





**Which pictures are realistic?**



**What can help teenagers?**



# Happy Birthday



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Design a card with advice for a teenager:

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1.

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2.

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3.

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*What positive message would you give?*

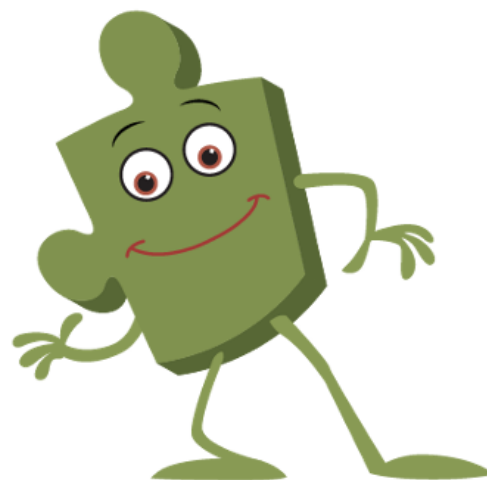
# Looking Ahead 2



<p>Are looking forward to change</p>	<p>6. Looking Ahead 2</p> <ul style="list-style-type: none"><li>• <i>Change</i></li><li>• <i>Hope</i></li><li>• <i>Manage</i></li><li>• <i>Cope</i></li><li>• <i>Opportunities</i></li><li>• <i>Emotions</i></li><li>• <i>Fear</i></li><li>• <i>Excitement</i></li><li>• <i>Anxious</i></li></ul>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can start to think about changes I will make next year and know how to go about this.</p>	<p>Jigsaw Chime, Jigsaw Jez, <b>Spinning top template</b>, <b>Circle of Change template</b>, Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, <b>Certificates</b>, Jigsaw Jerrie Cat.</p>
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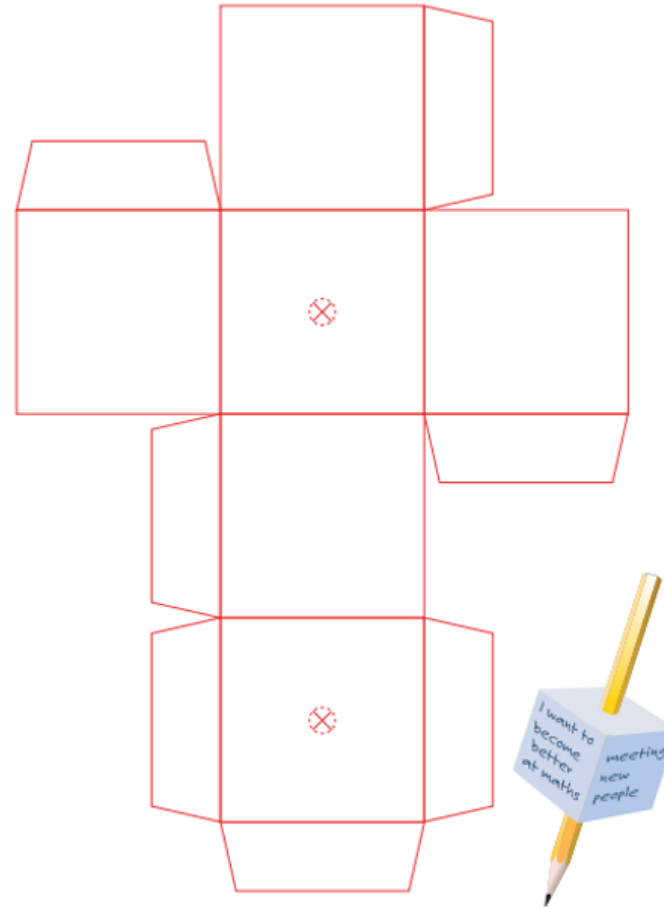


**One thing I am really  
looking forward to  
next year in school  
is \_\_\_\_\_**



## In your group:

- Write 4 changes you agree on about the next year on the sides of the cube
- Make your cube and take turns to spin it and discuss the changes.



# My Circle of Change

