

## 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

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| 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 <a href="http://www.jigsawpshe.com/online-store">www.jigsawpshe.com/online-store</a> , 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<br>Puzzle Outcome: Internet Safety Presentation<br>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.   |