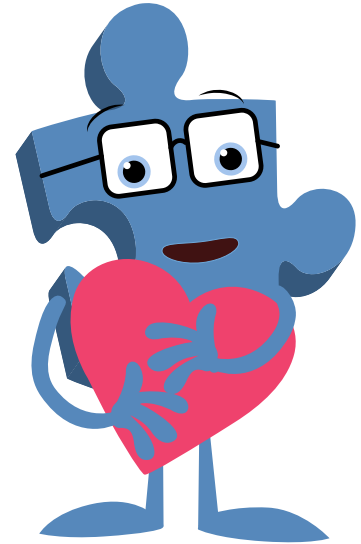


Jigsaw PSHE 3-11 'Recovery' Package

Belonging and feeling safe at school for Key Stage 2

KS2 Lesson 3 - Belonging and feeling safe at school	
Puzzle/s this lesson would fit with: Being Me in My World Celebrating Difference Healthy me Relationships Changing Me	Please teach me to... identify ways that I can feel safe and that I belong at school recognise what it can feel like to belong and to feel safe, and what to do if I don't feel safe
Resources Jigsaw Chime 'Calm Me' script Jigsaw Friend Jigsaw Jerrie Cat PowerPoint slides Paper/pens or other materials for the five activity Scented candle or incense sticks	Vocabulary Belonging Safe Support Brain Vagus nerve
Teaching and Learning Slide 1: editable Jigsaw Charter You may like to light the scented candle or incense for this lesson (fire alarms allowing) The Jigsaw Charter Share 'The Jigsaw Charter' or if appropriate the revised Jigsaw Charter with the children to reinforce how we work together. Connect us Play 'Stand up, sit down!' Sitting on the floor or on chairs (socially distancing), children respond to these statements below that the teachers reads out. If they 'agree', they stand; if they 'disagree' they sit down. If they are feeling energetic, children can jump or hop for agree and crouch down for disagree. <ul style="list-style-type: none"> - You have the letter A in your name - You are wearing socks - You like pizza - You enjoy reading - You have a favourite song - You enjoy watching films - You like playing noisy games - You have a hobby - You love playing computer games - You enjoy being by yourself You and/or the children can come up with more ideas to extend the game further. Ask the children if they noticed who else stood/sat when they did and that it means they have things in common with others. Explain that this is one of the best things about school: that there will always be people in school who have things in common with you, and this helps everyone to feel welcome and that they belong.	Ask me this...



Calm me

Everyone, including adults, is sitting on chairs in a circle if social distancing allows. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.

Open my mind

Everyone stands in a space and adopts the starfish pose (arms and legs stretched out to the sides, taking up as much space as possible). Encourage the children to take deep breaths and fill up their lungs, then breathe out slowly. You could remind them of how they breathe in Calm me time.

Slide 2: animals feeling unsafe and relaxed.

Explain that when we let our bodies move and get bigger (take up space), it reminds our brains that we are safe; if we don't feel safe, we are more likely to be small and curl up. Encourage children to take up different 'power' poses and hold them for as long as is comfortable.

Tell me or show me

Explain that sometimes our bodies need a bit of help to feel safe and that there are lots of ways we can do this. In this lesson, we are going to learn how to do things that help us feel safe.

Slide 3: the brain and the vagus nerve.

Briefly explain that the brain controls everything in the body, including something called the vagus nerve. The vagus nerve is directly connected to the brain: it is a very long nerve and helps to control things like heart rate, sweating, digesting and blood pressure. It is part of a system that helps the body calm down and feel safe (called the parasympathetic nervous system). Tell the children that they are going to come up with ways to help soothe their vagus nerve, which will help them feel safe.

Pause point

Slide 4: Slide of Jigsaw Jerrie Cat's paws: Raise Jigsaw Jerrie Cat's

paws  to indicate this Pause Point. Invite the children to stop, take some gentle, deep breaths and look inside to identify their feeling in this moment.

Let me learn

Slide 5: Using our senses to feel safe.

Children write the 5 senses down the page and against each one record ways that each can help them feel calm and safe. Some examples could be:

- Smelling lavender or another calming scent; deep breathing exercises
- Listening to relaxing music, a meditation, or writing their own Calm Me script, singing
- Stroking a pet or cuddling a soft toy; doing their own hand or foot massage; dancing
- Eating something delicious
- Looking at photos, videos or pictures that help them feel better (something funny, something cute, or something beautiful)

When children have their lists, invite them to close their eyes and use their other sense of imagination to visualise a scene with themselves in it, in which at least one thing from each of their senses is included.

Does your mind feel calm and ready to learn?

How do you look when you feel unsafe?

How do you look when you feel safe?

Can you point to where your vagus nerve is?

Can you feel it in your body or do you just know it's there?

What do you like to smell, taste, see, touch and look at?

How do you feel when your senses are used?

How can you include everyone in your game?

Calm me

Have another Calm Me time. Children stay sitting in their places , use the Jigsaw Chime to help children centre in, take them through some breathing, just as you usually do, and then invite them to start to build the picture they have just created, adding one sense at a time until they are visualising the whole scene.

Do this slowly to give children time to build the picture in their minds.

When they have had enough time, gently have them return to focussing on their breathing and sound the chime again inviting children to wiggle their fingers and toes and in their own time to bring their awareness back to the present moment.

Care to share:

Those who wish to could share their visualisations with the class.

Let children know that this picture is in their minds now and the more they visualise it the stronger it will become. They can practise this and visit this scene in their minds whenever they need to feel safe and calm.

If you have the space and opportunity, you could ask the children to go around the school grounds safely and collect things that help them soothe themselves – perhaps a dandelion or daisy, some long grasses, a feather, petals, pebbles, and so on – to make a display or collection on their own table.

Remind the children that they can always speak to an adult they trust in school if they feel unsafe or if they are worried about anything.

How can nature help you feel like you belong?

How can nature help you feel safe?

Help me reflect

Remind children of the learning intentions for this lesson. Ask them if they are thumbs (up/neutral/down) for each learning intention.

Slide 6: the Jiggie Hugs.

If time allows, finish the lesson with a few ideas that you have used to calm your vagus nerve.

Share a Jiggie Hug around the class to end i.e. hands in heart shape by chest and direct the heart to others.

Notes



Calm Me Script - KS2 - Lesson 3

In our 'Calm Me' time in the Relationships Puzzle we are thinking about different types of relationships. This time is a time to relax the body and calm the mind to bring ourselves into the optimum state for learning.

So let's start by imagining the golden thread pulling your spine nice and straight as you sit up in a dignified and proud position in your chair. Both feet flat on the floor and aware of your body touching the chair, your feet touching the floor, the texture of your clothes on your skin, the temperature in the room...close your eyes to help keep distractions to a minimum...

Start to focus on your breathing...use the 4/6 technique (breathe in to a silent count of 4 1..2..3..4 and gently and slowly out to a silent count of 6 1..2..3..4..5..6) if you find it helpful, or just enjoy focussing on your breathing until you feel still and quiet on the inside and the outside...

(Strike the Jigsaw Chime) Let your mind follow the sound of the chime until it drifts far into the distance.....

(You may like to try this twice)

Allow any tension or worry to pass down through your body and out through your feet...until you feel relaxed... check out your shoulders... are they tense or relaxed?

In the quietness of your mind, let yourself imagine you are sitting in your favourite place... can you see yourself in that special place? You are all on your own and you feel safe and happy and peaceful. Can you picture the scene?

Just imagine the scene and sense how you feel.

Use your breathing to stay calm and feel peaceful as you let yourself enjoy just 'being you', not doing anything or thinking anything in particular... just experience 'being in this moment... right here, right now'

Stay with the picture for a few more seconds and then ask your mind to save the picture so that you can see it again whenever you want to... feel it whenever you want to...

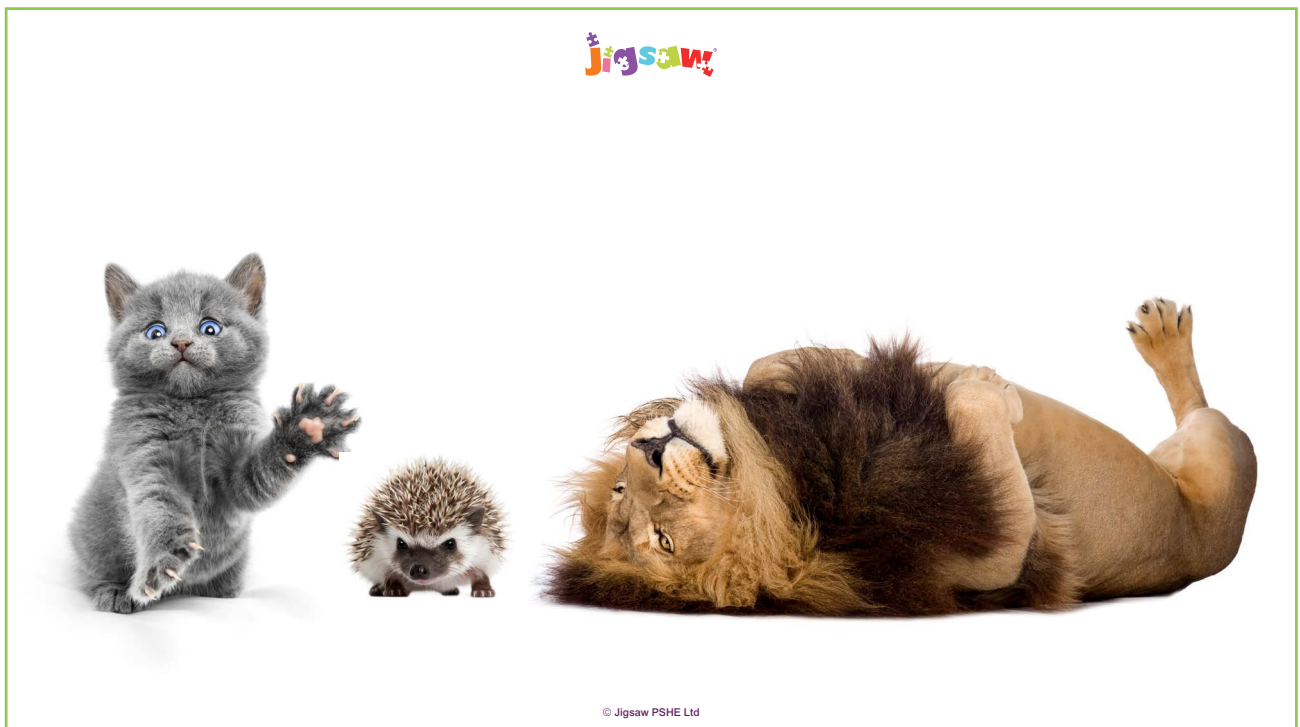
Very gently focus back on your breathing... 4/6... or follow the breath as it travels to your lungs...

When you are ready and can no longer hear the chime, start to bring your focus back to the room and the present moment...

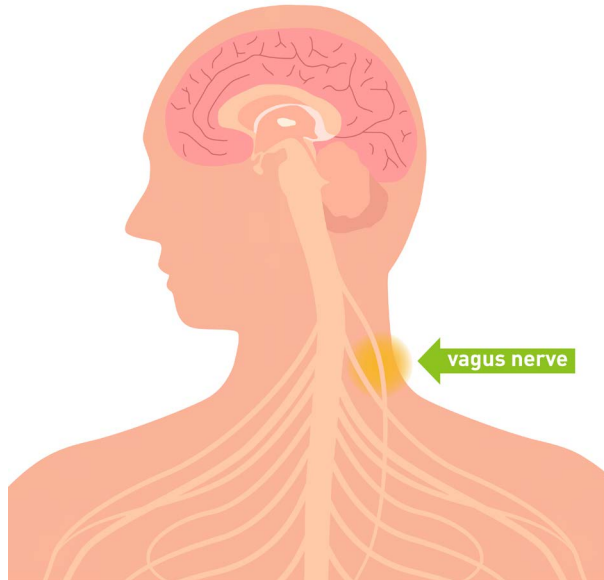
Stretch your arms and legs, move your head gently from side to side, and slowly open your eyes.



Belonging and feeling safe at school - PowerPoint Slides 1-2 - KS2 - Lesson 3



Belonging and feeling safe at school - PowerPoint Slides 3-4 - KS2 - Lesson 3



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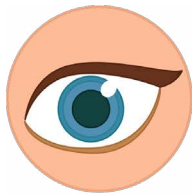


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Belonging and feeling safe at school - PowerPoint Slide 5 - KS2 - Lesson 3



Using our senses to feel safe



VISION



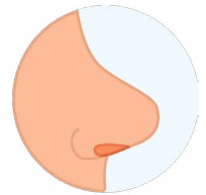
TASTE



TOUCH

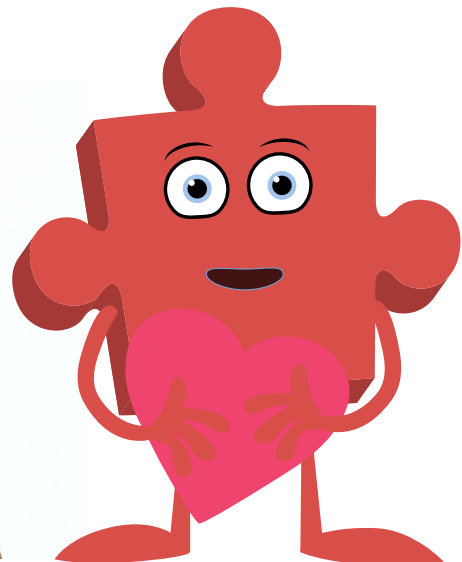


HEARING



SMELL

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