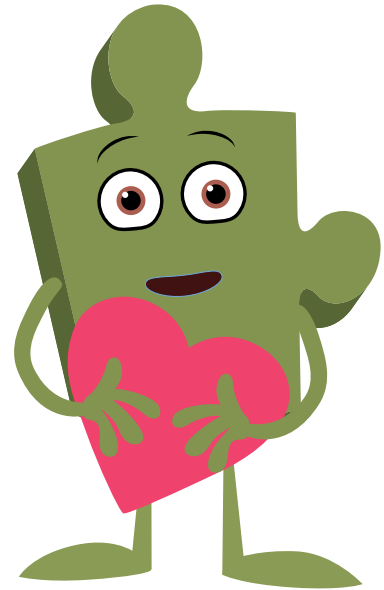


Jigsaw PSHE 3-11 'Recovery' Package

Reconnecting with Friends for Key Stage 2



KS2 Lesson 4 - In it Together - What Makes a Good Friend?	
Puzzle/s this lesson would fit with: Being Me in My World	Please teach me to... identify different way of showing my appreciation for my friends and classmates be a good friend and enjoy my friendships even though we have to play differently at the moment
Resources Jigsaw Chime 'Calm Me' script Jigsaw Friend Jigsaw Jerrie Cat (if class is split in 2, make sure that each group has one or the other for the lesson) Whiteboards and whiteboard pens, or jotters and pens. PowerPoint slides Optional clip for discussion, particularly for ages 8 upwards. You may wish to us the clip of the friends sending a Christmas card on this BBC page, towards the bottom. We recommend that you set the clip up with the clip full screen before starting as there is other material on the page too. www.bbc.co.uk/news/topics/cnr95q8zzqnt/friendship	Vocabulary Healthy Body Healthy Mind Connection Social Distancing
Teaching and Learning The Jigsaw Charter Slide 1: Share 'The Jigsaw Charter' or if appropriate the revised Jigsaw Charter with the children to reinforce how we work together. Explain to the class that we have all been away from our friends for a long time, so today we are going to be reminding ourselves about what it feels like to be a good friend, and finding ways to carry on being good friends while we keep everyone safe from the Coronavirus. Connect us Play lap, lap, clap, tap (clap on lap twice, clap hands together once, tap both hands on table once, while teacher is saying lap, lap, clap, tap in a regular rhythm). Then replace the tap with someone's name, e.g. lap, lap, clap Josh Then Josh says lap, lap, clap and adds someone else's name e.g. lap, lap, clap, Anant. Continue until everyone has had a turn. Play the game again and this time instead of saying a person's name, add in something you enjoy doing with friends e.g. lap, lap, clap, fishing Have you been able to keep doing those things through lockdown? Have you missed anything about your friends/being with your friends?	Ask me this...

Calm me

Everyone, including adults, is sitting on chair 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

Ask the children to work out how many days it has been since lockdown was announced on March 23rd.

Does this feel like a long time?

Explain that it has been a very strange time for everyone with lots of things that have been very different and some things have been difficult. Ask children what they have found difficult, and what they have enjoyed about being at home. Everyone has been doing a really good job of keeping each other safe from the virus, but it has been hard for us not to see our friends. Friends are very important for all of us and having happy friendships helps our mental health too.

Why does friendship help us feel mentally OK?

Tell me or show me

Tell the children that today you are going to be remembering what makes a good friend and thinking about how we can carry on being good friends to each other while we are still social distancing.

Ask children to use their whiteboards to record one or two things that make a good friend.

Give them a little time for this then invite them to share these as a class and write them on the board under "What makes a good friend?"

Ask children to think about why it is important to have friends (feelings of good mental health, sharing, self-esteem, laughter is good for us, helps us to talk through ideas and worries etc).

Optional Clip – you may want to show the BBC clip of 2 friends who have been sending each other the same Christmas card for 50 years. Ask children why they think they are friends and if they think that they are still friends now even if they have had to be apart in lockdown and why they think this.

Ask children to look at the list and identify which of these are affected by social distancing right now. Does this mean that you are not friends if you can't do these things? Ask children to look back at the list of things they gave you for what a good friend is like.

Explain that just because we cannot always hug our friends, or play the same games we always used to, it does not mean that we are not friends, just that we have to enjoy other ways of playing until the social distancing stops. Even when we cannot actually see each other or talk to each other, friends are still there and will be the same people that you like to have fun with and care for. You may want to compare this to family who are a long way away, as some children may be able to share their ideas about how they still have fun with cousins and other relatives who they do not see very often.

Pause point

Slide 2: Invite the children to stop, take some gentle, deep breaths and look inside to identify their feeling in this moment.

Does your mind feel calm and ready to learn?

How does it feel when someone you makes an effort to connect with you?

How do you think Jigsaw Jenie felt sending the message?

How do we greet our friends? Why does it matter?

What makes a good friend?

Why are friends important?

Has the Coronavirus made it harder to be a friend, or is it just harder to play in the ways we usually do?

What can we do to show our friends we care?

Why is it even more important to show our friendship during this time of the Coronavirus?

Let me learn

Haiku poems

What is a Haiku Poem KS2? A Haiku Poem is a traditional Japanese art form which consists of three lines. The first and last line of the Haiku poem has five syllables and the middle line has seven syllables. It isn't a traditional rhyming poem so the lines in a Haiku poem don't need to rhyme.

e.g.

Butterflies in flight

Brilliant rainbow colours

Ripple past the pond

Invite the children to write Haiku poems to express friendship during Covid 19, what it means to them, what they have missed, what they enjoy and value, what they might be looking forward to when social distancing is lifted.

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.

Connect Us

You may feel that the children need to play an additional Connect Us game at the end of this session as some children may need some extra connection time with each other. Some children may find this lesson hard if they are not in a group with their good friends, or if their friends are not back in school. This game is one that is quite funny, but you may have another they particularly like. They will need to be in a circle, so you may have to go outside.

Vegetable Teeth

Ask children to start clapping a rhythm on their laps and table/ chest ("LAP, LAP, TAP). Once they have got the rhythm, tell them that they are going to take it in turns to say the name of a vegetable twice on their lap beats, and their own name on the table/chest tap. (e.g. "POTATO, POTATO, ANISHA")

The thing that makes this a challenge is they are not allowed to show their teeth while they are talking. If they do, everyone else can say 'TEETH, TEETH' on the lap clap. With older children, or once they have all had turns, you can suggest they choose someone else's name on the tap to send the turn to someone else next.

Notes



Calm Me Script - KS2 - Lesson 4

We have been learning together for over half the school year now and know each other quite well, even if we have been apart a lot in the last few months. Some of you are good friends with each other. Some of you only know each other a little bit. Some of you spend time with each other outside of school. All of us are members of this class.

In our 'Calm Me' time today we are thinking about different types of friendships in school. This time now is a time to relax the body and calm the mind to bring ourselves into a calm and ready 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 through the nose to a silent count of 4 1..2..3..4 and gently and slowly out, through the mouth, 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)

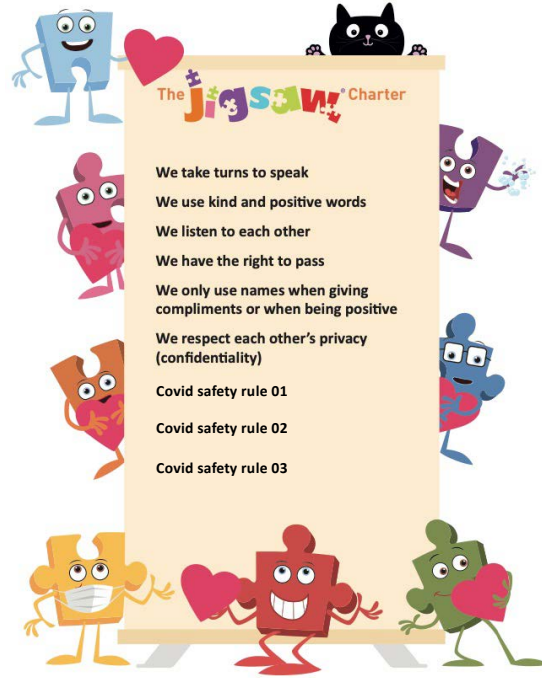
Let your mind follow the sound of the chime until it drifts far into the distance... Allow any tension or worry to pass down through your body and out through your feet...until you feel relaxed... check out your shoulders... are they tense or relaxed? In the quietness of your mind, let yourself imagine a stage in a theatre... build the scene... and on the stage you see your favourite person in the whole world... can you see yourself in the audience watching your very favourite person walking onto the stage? Can you imagine everyone applauding, clapping for your favourite person as he or she takes a big bow and looks out into the audience straight at you, for your recognition?

Just imagine the scene and sense how you feel. 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... Very gently focus back on your breathing... 4/6... or follow the breath as it travels to your lungs...

When you are ready and when you 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...



What Makes a Good Friend? - PowerPoint Slides 1-2 - KS2 - Lesson 4



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What Makes a Good Friend? - PowerPoint Slide 3 - KS2 - Lesson 4



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