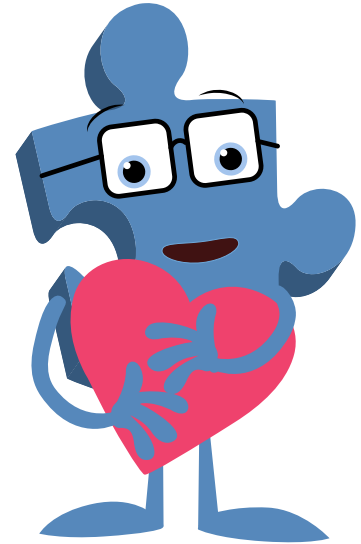


Jigsaw PSHE 3-11 'Recovery' Package

Additional lesson on returning to school/new rules for Key Stage 2

KS2 Lesson 1 - Coming together again	
Puzzle/s this lesson would fit with: Being Me in My World Celebrating Difference Healthy Me Relationships	Please teach me to... identify what could help manage returning to school after a long absence recognise how I am feeling about returning to school and what I can do to help myself feel good
Resources Jigsaw Chime 'Calm Me' script Jigsaw Friend 'Together as one' song and lyrics Jigsaw Jerrie Cat PowerPoint slides Materials for the welcome packs Jigsaw Journals	Vocabulary Welcome pack Support Included
Teaching and Learning The Jigsaw Charter Slides 1 and 2: Share 'The Jigsaw Charter' and discuss with children what additional points they might like to add just to help everyone stay safe during the Coronavirus time. Use the editable Jigsaw Charter to add their ideas in line with the school safety measures for Covid safety. Connect us Slide 3: Welcome! Play the Welcome game, standing in a big circle, well apart from each other as necessary. Explain that the word 'welcome' is to be spelled out loud, and each letter can be shouted out only once by one person. If two people shout the same letter, start back at W. Time how quickly it takes to play the game successfully, and if it can be done three times in a row. Include the class' Jigsaw Friend during this activity, by perching it nearby. 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.	Ask me this... How can we ensure that everyone feels included in this game? Does your mind feel calm and ready to learn?



Open my mind

Slide 4: 'Together as One' lyrics

Play the song 'Together as one' and show the lyrics on the board. Ask the children to choose a sentence or set of lyrics from the song that resonates with them, and to share the reason why (if they feel comfortable to do so). Explain how this lesson will help children feel welcome and to be back at school and that the song helps us remember we are together again even if things are different.

Together as one what?

Group? Class? School community?

Group of friends?

Can they still feel a sense of belonging and togetherness if not everyone is back at school yet?

Tell me or show me

Ask the children to think of a time when they felt welcome somewhere and the words or feelings that pop into their minds when they think about that time.

You might like to add your own ideas, especially if children struggle with this or if they haven't experienced it themselves. You could tell them about a new school that you joined and how you had a welcome meeting and were given a folder of useful information, including who to talk to if you weren't sure about something – and how you felt because of that support.

Ask the children to think of some words that describe how someone might feel when coming back to school after a long absence, and then to think of ideas to help with any negative feelings. Share them in the group and jot them down on a flipchart or on the whiteboard. Keep them up for the activity.

Pause point

Slide 5: 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 6: What is in your welcome pack?

Explain to the children that they are going to create a virtual welcome pack for children who return to school after a long absence.

Working individually, children create their welcome pack for a child like them who is returning to school after a long absence. They can use whatever materials you have available: it can be designed on paper or on a device. Encourage the children to keep their packs brief, as too much information could be overwhelming.

Once children have created their packs, encourage them to share their ideas with the group. Ask them to notice any common elements and why they have been included. If time, children could vote on their favourite idea or welcome pack design.

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 7: the Jiggie Hugs.

Explain that even though we may want to give our friends a hug as we haven't seen them for so long, like the Jiggies are doing on the slide, unfortunately at the moment we all need to make sure we stay 2 metres away from each other. So we need to find a new way to greet/hug.

Slide 8: Send a different Jiggie Hug

Practise making hands into a heart shape as on the slide and send the love out from your chest to the rest of the class, school and world.

What does it feel like to be welcomed somewhere?

Who has helped you feel welcome? What did they say or do to help you?

Have you ever helped someone feel welcome? What did you do and why?

What could your welcome pack look like?

How can you be creative with your ideas? What would help someone like you to feel welcome when coming back to school?

How many different elements can your welcome pack include?

Notes

For the welcome pack designs, use what you have readily available in your teaching space and ask children to use their imaginations freely, rather than sourcing lots of equipment. If easier, you could design the welcome pack as a group.



Calm Me Script - KS2 - Lesson 1

Everyone, including adults, sits in a circle. Explain to the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Share the three 'calm' pictures (roller coaster, garden, bedroom) with the children, and establish which picture makes them feel the most calm. Ensure all children understand what calm is and how it feels. They might like to suggest when and where they feel the most calm. Explain that to do the best learning we need calm, focussed minds, and to help us with this we will use our breathing. Tell the children that the Jigsaw Chime is the start of our Calm Me exercise.

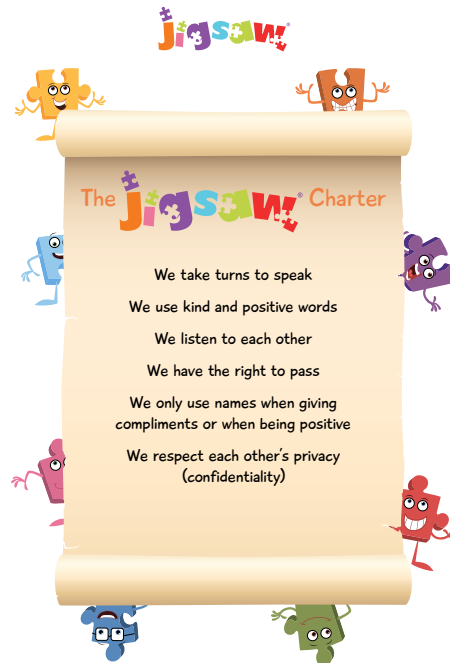
Invite the children to put both feet on the floor to sit up straight, but relaxed, and to have hands on their tummies. They can then close their eyes or focus on the calmest picture. Gently sound the chime and ask the children to listen to it until the sound is all gone. Then ask them to follow your instructions as you take them through gentle breathing techniques: breathe in gently through your nose and let your breath sink all the way into your lungs, then gently let it out again through your mouth. Breathe in gently and out gently. Can you feel your tummy rise as you breathe in and go back again as you breathe out? Repeat this a number of times, encouraging the children to feel more calm with each out breath. Gently sound the chime again and invite the children to listen until the sound is all gone, and then to open their eyes and use their calm mind to help them learn.

Teacher and Jigsaw Jaz reinforce how good it feels to be calm and quiet.

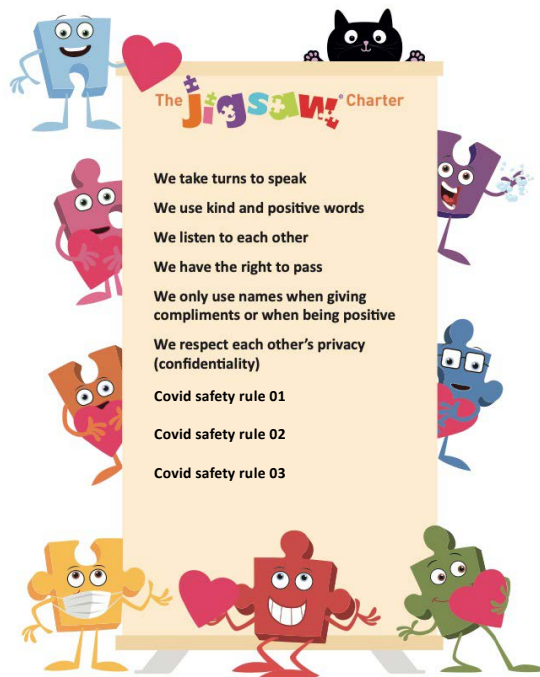




Coming Together Again - PowerPoint Slides 1-2 - KS2 - Lesson 1



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Coming Together Again - PowerPoint Slides 3-4 - KS2 - Lesson 1



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Together As One (Being Me In My World)

T - O - G - E - T - H - E - R
T - O - G - E - T - H - E - R
T - O - G - E - T - H - E - R

T, together,
T, T, together as one.
Together,
T, T, together as one,
Together,
T, T, together as one.
Together as one O-N-E.

Everybody stand up, let's sing it loud,
Celebrate each other yeah, yeah, we're proud.

Oh Oh (Shout it out!)
Oh Oh Oh!

CHORUS

T, together,
T, T, together as one.
Together,
T, T, together as one,
Together,
T, T, together as one.
Together as one O-N-E.

Be kind to others and include everyone,
Respect one another,
It's a job well done.
Oh, Oh (Shout it out!)

Oh Oh Oh!

CHORUS

Everybody stand up, let's sing it loud,
Celebrate our difference yeah, yeah, we're proud.
Oh Oh (Shout it out!)

Oh Oh Oh!

Be kind to others and include everyone,
Respect one another,
It's a job well done.
Oh, Oh (Shout it out!)

Oh Oh Oh!

CHORUS

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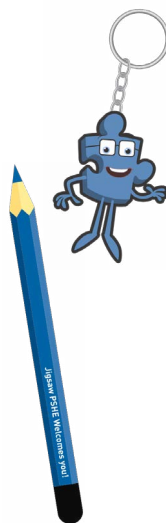
Coming Together Again - PowerPoint Slides 5-6 - KS2 - Lesson 1



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*What is in
your welcome pack?*

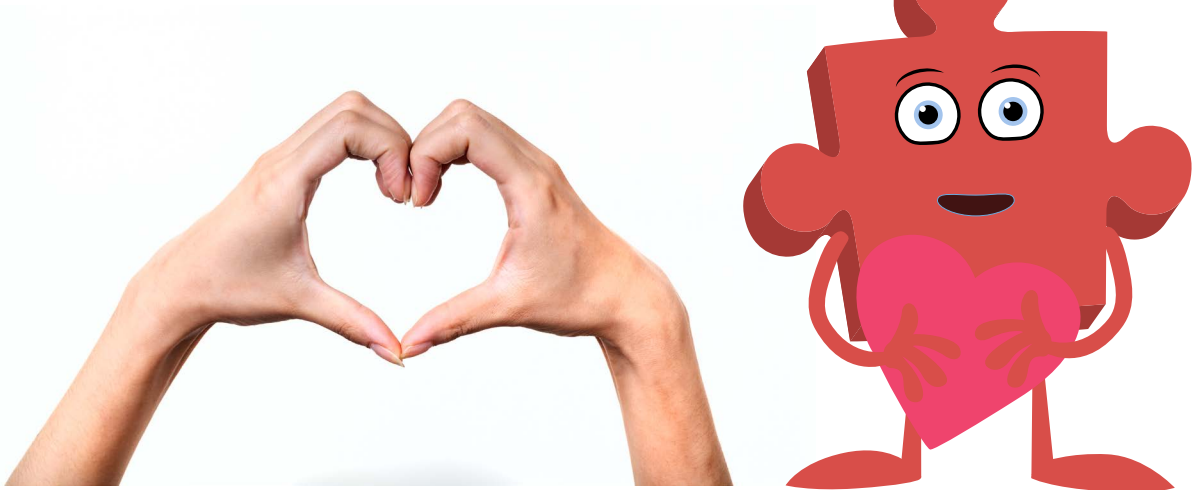


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