

# Healthy Me

## Puzzle Map - Ages 10-11



### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Piece 6: Healthy Body, Healthy Mind

| Weekly Celebration   | Pieces  | PSHE learning intention  | Social and emotional development learning intention   | Resources  |
|--|---|--|---|--|
| Have made a healthy choice                                 | 1. Taking responsibility for my health and well-being   | I can take responsibility for my health and make choices that benefit my health and well-being                         | I am motivated to care for my physical and emotional health                                     | Jigsaw Chime, 'Calm Me' script, Guess what I am? PowerPoint, Taking responsibility role play cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Gem, Jigsaw Jerrie Cat.   |
| Have eaten a healthy, balanced diet                        | 2. Drugs  | I know about different types of drugs and their uses and their effects on the body particularly the liver and heart    | I am motivated to find ways to be happy and cope with life's situations without using drugs     | Jigsaw Chime, 'Calm Me' script, PowerPoint slide : Drug definition, PowerPoint slide : Drug categories, Drug groups sorting resource, Teacher resource sheet (Information only), My Jigsaw Journey, Jigsaw Journal, Jigsaw Gem, Jigsaw Jerrie Cat. |
| Have been physically active                                | 3. Exploitation   | I understand that some people can be exploited and made to do things that are against the law                          | I can suggest ways that someone who is being exploited can help themselves                      | Jigsaw Chime, 'Calm Me' script, Ava and Kiran's story, Pens of two different colours (ideally red and green) enough for each group, Advice PowerPoint slide, Jigsaw Journals, My Jigsaw Journey, Jigsaw Gem, Jigsaw Jerrie Cat.                    |
| Have tried to keep themselves and others safe              | 4. Gangs  | I know why some people join gangs and the risks this involves  | I can suggest strategies someone could use to avoid being pressurised                           | Jigsaw Chime, 'Calm Me' script, Gang images PowerPoint, 'Gangs are...' game cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Gem, Jigsaw Jerrie Cat.  |
| Know how to be a good friend and enjoy healthy friendships | 5. Emotional and Mental Health  | I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness     | I know how to help myself feel emotionally healthy and can recognise when I need help with this | Jigsaw Chime, 'Calm Me' script, Jigsaw Gem, Emotional well PowerPoint slide, My emotional well template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.  |
| Know how to keep calm and deal with difficult situations   | 6. Managing Stress and Pressure<br>Puzzle Outcome: Healthy Body, Healthy Mind<br>Assessment Opportunity ★ | I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. | I can use different strategies to manage stress and pressure                                    | Jigsaw Chime, 'Calm Me' script, PowerPoint slides of adults under stress, Cube template (copied on to card), Glue, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Gem, Jigsaw Jerrie Cat.  |