

# Puzzle 3: Dreams & Goals - Ages 6-7 - Piece 1

Goals to Success	
<b>Puzzle 3 Outcome</b> <b>Our Garden of Dreams and Goals</b>	<b>Please teach me to...</b> choose a realistic goal and think about how to achieve it tell you things I have achieved and say how that makes me feel



## Vocabulary

Realistic  
Proud  
Success  
Celebrate  
Achievement  
Goal

## The Jigsaw Charter

Share 'The Jigsaw Charter' with the children to reinforce how we work together. Refer to the laminated Jigsaw Charter on display.

The image shows a yellow scroll with the title 'The Jigsaw Charter' at the top. The title is written in a colorful, playful font where each letter is a different color and shape, resembling jigsaw pieces. Below the title are six lines of text, each preceded by a small black square icon. The scroll is surrounded by several cartoon jigsaw pieces in various colors (black, purple, pink, red) that have faces and limbs, appearing to peek out from behind the scroll. The scroll itself has a slight shadow and a rolled-up appearance at the top and bottom.

## The Jigsaw<sup>®</sup> Charter

We take turns to speak

We use kind and positive words

We listen to each other

We have the right to pass

We only use names when giving  
compliments or when being positive

We respect each other's privacy  
(confidentiality)

## Calm me

Everyone, including adults, is sitting on chairs in a circle. 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.

Does your mind feel calm and ready to learn?

**(You could use any bell or chime for this.)**

### Calm Me Script - Ages 6-7 - Piece 1

Let's calm our minds so we feel peaceful and can learn better.

When you hear the Jigsaw Chime, listen, listen, listen until you can no longer hear any sound coming from it.

Now let's get our bodies ready to help our minds calm down.

First of all we sit nice and straight in our chairs with our shoulders relaxed and both feet flat on the floor. Then place your hands gently on your tummy so you can feel it rise and fall as you breathe in and out.

Now close your eyes if you are comfortable to, or fix your gaze on a point in front of you.

Listen to the Chime again until you can no longer hear the beautiful sound. Imagine the sound going far away into the distance, over the hills and into the horizon.

You feel peaceful and now start to concentrate on your breathing... in ...out... gently count 1,2,3,4 as you breathe in through your nose, and out again 1,2,3,4,5 as you breathe out through your mouth Can you feel your tummy rise and fall as your lungs fill with air and then let it go again?

Do this several times and as you breathe out feel any worries or noisy thoughts float away over the hills and into the distance, like the sound of the chime.

Worries and noisy thoughts float away over the hills as you breathe in and out nice and slowly, nice and gently.

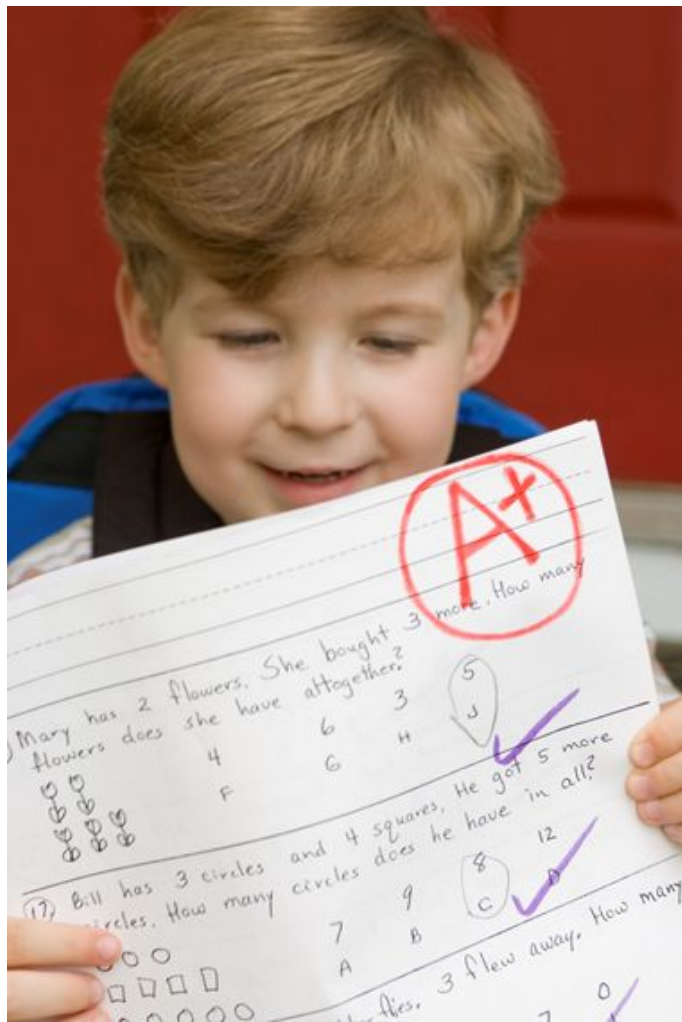
You feel happy and peaceful. Your mind is nice and calm and ready to learn.

Strike the chime once more and invite the children to gently bring their attention back to being here right now in the classroom and to keep their calm minds

## **Open my mind**

Slides 1-4: With Jigsaw Jo's treasure chest in the middle of the circle, show children the 'success' pictures one at a time and ask them the question: Do you see success in this picture? Why or why not? If yes, how do you think the people in the picture feel about their success? (Ensure the children understand that feeling proud of success is a positive feeling.)

The pictures that show 'success' are then placed in Jigsaw Jo's treasure chest of success. (Help the children start to associate the treasure chest with success and ensure they understand what success means. It may be possible to interpret the pictures in a number of ways, e.g. a goal keeper may have let a goal in but maybe successful because s/he is in the national team.)



Mary has 2 flowers. She bought 3 more. How many flowers does she have altogether?

(17) Bill has 3 circles and 4 squares. He got 5 more circles. How many does he have in all?

flies. 3 flew away. How many









### **Tell me or show me**

Invite the children in talking partners to share something they have achieved and felt proud about.

Once all the children have an idea, pass Jigsaw Jo around the circle and invite each child to share their success and their feelings about it.

Summarise by explaining that we can store these proud and positive feelings inside us. Ask the children to imagine they have a treasure chest inside them and they are storing their special feelings inside.

(You could ask children to mime their successes for others to guess).

Do you feel proud when you talk about this success?





**Pause Point:** Slide 5: Raise Jigsaw Jerrie Cat's paws to indicate this Pause Point. Invite the children to pause for a moment. Invite the children to pause for a moment. Invite the children to take three gentle, deep breaths. While the children are pausing, invite them to reflect on what they are thinking and feeling right now. They can keep these ideas in their heads and don't need to share. Pause for 1-2 minutes only, then carry on with the lesson.





**“Hi, I’ve set you some challenges. You can choose one to work on next time. Good luck!”**

You can choose to:

- 1) Learn the Macarena dance
- 2) Learn to count in Mandarin Chinese from 1 to 10
- 3) Learn to count in French in 2s from 0 to 20
- 4) Make a colourful card to take home to your family with a special message inside it (you can make a card each but you have to agree and use the same design)
- 5) Memorise the poem “The Owl and the Pussy-cat” by Edward Lear

