

# Puzzle 3: Dreams & Goals - Ages 6-7 - Piece 4 & 5

A Group Challenge	
<b>Puzzle 3 Outcome</b> <b>Our Garden of Dreams and Goals</b>	<b>Please teach me to...</b> work cooperatively in a group to create an end product explain some of the ways I worked cooperatively in my group to create the end product work with other people to solve problems express how it felt to be working as part of this group

## Vocabulary

Learning together

Success

Celebrate

Achievement

Challenge

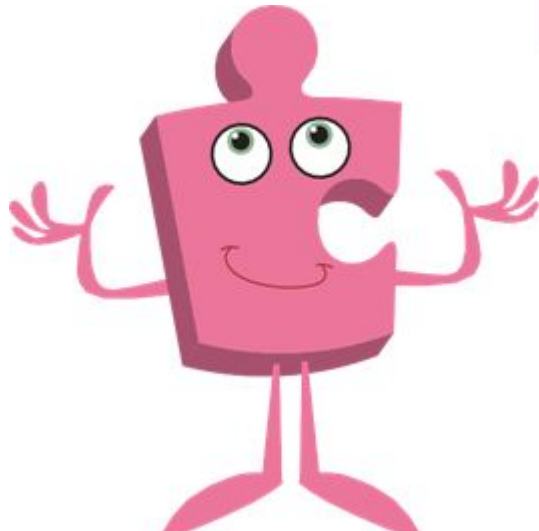
Product

Dream bird

Group

Team work

Problem-solve



In PSHE this term our topic is "Goals and Dreams".  
The outcome for this fourth lesson is to learn how to work cooperatively in a group to create an end product.

## Warm up: I went to the shops and I bought..." memory game

The first person starts the game by saying '**I went to the shops and I bought...**' and finishes the sentence with something beginning with A, e.g. an apple.

Then the next person repeats '**I went to the shops today and I bought an apple ...**', and then adds an item beginning with B e.g. banana.

Continue through the letters of the alphabet - how far through the alphabet can you get to and still remember all the items on the list?



## Read Calm Me Script or take part in Mrs Ridley's meditation

### Dreams and Goals

#### Calm Me Script - Ages 6-7 - Pieces 4 and 5

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 up into the clouds. Lovely sounds float up into the white fluffy clouds.

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?

Focus on your breathing and feel more and more calm every time you breathe out.

Imagine you are floating on the white fluffy clouds, like a magic carpet ride. You feel light and free and happy.

The clouds keep you safe until you want to gently jump off and float to the ground...a nice soft landing.

You have landed in a Garden of Dreams and Goals; a safe, happy place.

Help your imagination create a picture in your mind of this beautiful garden. Colours? Sounds? How do you feel in the garden. Can you see any birds in the Garden of Dreams and Goals?

Count your breathing again... as you breathe in 1,2,3,4 and as you breathe out... 1,2,3,4,5.

Do this several times and then, when you are ready, bring your attention back to the classroom and bring your calm mind back here with you. Open your eyes when you are ready.

Show your child the following images of gardens. Ask your child to share their favourite things in the garden and ask them why. There are many images that you can look at - you may choose to share a couple of them or you may decide to share them all.































## Tell me or show me

Explain to your child that there is a garden that is a safe and happy place. Encourage your child to use their imagination to visualise the garden they see in their own minds - the colours, the plants, the birds, the creatures etc.

Then ask your child to share what they could see and then you explain to your child what you imagined. Focus on the birds and what they looked like.





## Activity Time!

Let me learn - 2 options

### Option 1

Make imaginary birds for 'A Garden of Dreams and Goals'.

Ideally your child should work with someone else e.g. adult, siblings to create an imaginary dream bird that might live in the Garden of Dreams and Goals. Children can use any material and technique they would like - junk modelling, sewing, origami, painting etc. The important thing is to use their imagination and work cooperatively with someone.

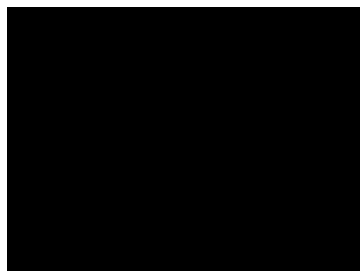
### Option 2

Set a family task where you all work together to achieve something e.g. a jigsaw, making a meal, throwing and catching a ball to each other 50 times without dropping it



Reflection: How did it feel to be part of a team and achieve something together?

## Let's recap this term's song:



### VERSE 1:

I,  
I will be,  
I will be,  
Be the best that I can be.  
Yes you'll see,  
I will be,  
Be the best that I can be.  
Take your turn, you can do it too.

### BRIDGE:

Driving forward,  
Taste the passion.  
I can see it,  
I'm in pole position.

### CHORUS:

I know to reach the top that  
I must climb,  
I must climb way up high,  
I'm gunna' reach the sky.

I will, I can,  
I'm moving on with hope.  
Don't look back,

## For Me

(Dreams and Goals)

Don't look back,  
Don't look back, see,  
I'm doing this for me.

### VERSE 2:

I,  
I can be,  
I can be,  
Be the best that I can be.  
Yes you'll see,  
I can be,  
Be the best that I can be.  
Take your turn, you can do it too.

### BRIDGE 2:

Take that first step,  
Make it happen.  
Seize this moment,  
That's what dreams and goals  
are made of.

### CHORUS

BRIDGE 1+2

That's what dreams are

### CHORUS

Future doctors,  
Future actors,  
Future teachers,  
Let's all sing it together.  
Future pilots,  
And the writers,  
Future chefs,  
And future fire fighters.  
We're the laughers,  
We're the smilers.  
The future's bright,  
Now let's all sing this together.

### CHORUS