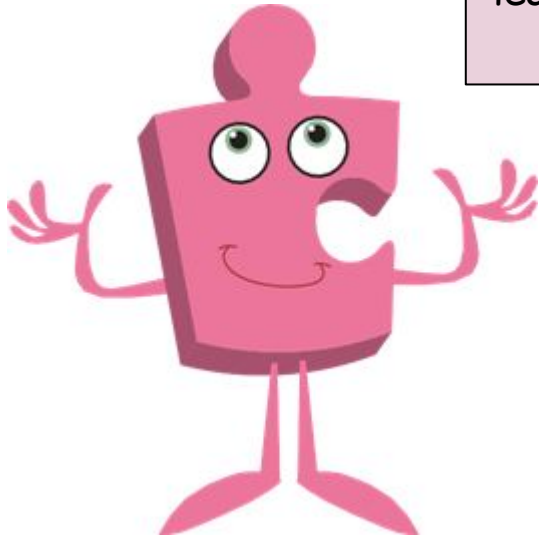


# Puzzle 3: Dreams & Goals - Ages 6-7 - Piece 4 & 5

In PSHE this term our topic is "Goals and Dreams".

This week we are continuing with our outcome to learn how to work cooperatively in a group to create an end product.



## Vocabulary

Learning together

Success

Celebrate

Achievement

Challenge

Product

Dream bird

Group

Team work

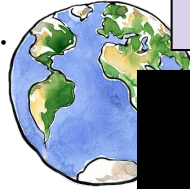
Problem-solve

## Warm Up

## Let's play 'Tell Me More!'



This game is all about the **Questioner** listening to their partner and responding with an appropriate question that links to what they have just said. The **Teller** has to use all their vocabulary to provide detailed explanations and facts.



Here are Mrs. Stebbings' niece and nephew playing the game for you to see how it works.

1. In pairs - 1 person is the '**Teller**' and 1 person is the '**Questioner**'
2. You begin with the **Questioner** posing the question... "**Tell me more about\_\_\_\_\_.**"  
They can select any object, animal, person, film etc. anything they want to ask about!
3. The **Teller** then has to answer the question with as much information as they can.

# Calm Me

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



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.

## Tell Me

Last week you were set the task to either create a dream/imaginary bird or to complete a family task. Discuss and answer these questions thinking about the tasks you completed last week.

- Did your team have all the skills it needed?
- How did you choose who was doing which job?
- What worked well in your group? Why was that?
- What could have been better?
- If there were problems in the group, can you explain why that was?



Can you complete the following stem sentence:

'I was pleased with our dream bird/'insert home learning family task' because.....'

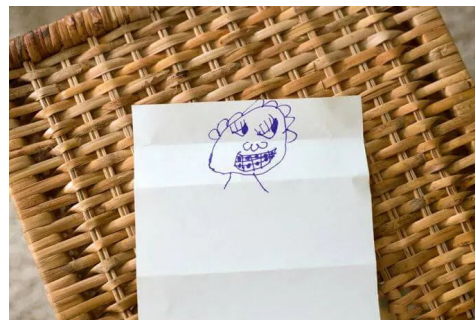
Then repeat the above using the stem sentence:

'I feel.....because my group/my family achieved their/our goal.

# Activity

## 'Back and Forth' Character Drawing Game (minimum of 2 players)

1. Each player starts with a piece of paper and a drawing tool and sits so that his or her drawing is somewhat hidden from the person in the next seat. The element of surprise at the end is half the fun!
2. Each person draws a head and neck. This can be human, animal, alien, robot, whatever. Fold the top of the paper down to conceal your drawing, letting only the bottom of the neck show. Hand the drawing to the person to your left.
3. Everyone draws the torso and arms, using the neck lines as the beginning point. Again, fold the paper down to conceal your drawing, letting just the bottom of the waist line show. Hand the drawing to the person at your left.
4. Draw from the waist to the knees. Fold the paper down, and pass to the left.
5. Draw from the knees to the feet. Fold the paper and pass again.
6. (Optional) Add a name to the unopened drawing and pass again.
7. Finally, each person unfolds the piece of paper they are holding to reveal the funny Combination Man (woman, animal, etc) that has been created. Take turns sharing the finished drawings.



### Reflection

How did it make you feel when you saw your part of the drawing contribute to the whole picture?

# Sing Up!

Join in, sing out loud... maybe you can make up a dance to accompany the music?

Share with us please, we would love to see your performances.

## 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