

## Dreams & Goals Puzzle Map - Ages 13-14

### Big Question: Who do I dream of becoming?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
<b>1. My personal strengths</b>	<p>I can identify my personal strengths</p> <p>I can identify some health goals I would like to achieve</p>	<p>I can identify personal strengths I would like to improve</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>My personal strengths audit - printed, one per student</p> <p>Health Investment sheet</p>
<b>2. The power of planning</b>	<p>I can produce a SMART plan and know how to apply it to support my life and learning</p>	<p>I am aware of the importance of planning in order to achieve my goals</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p>
<b>3. My dreams for my life</b>	<p>I am able to accept helpful feedback and reject unhelpful criticism</p>	<p>I know that some dreams and goals in life are not associated with financial gain</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p><a href="http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en">www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en</a></p>
<b>4. Mental health and illness</b>	<p>I know the difference between mental health and mental ill-health</p> <p>I can consider factors that can contribute to a person's mental ill health</p> <p>I know how to access support if I am worried about a mental health issue</p>	<p>I understand that stigma about mental ill health is unhelpful</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Tackling stigma film production guide - printed, one per group</p>



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<b>5. Media manipulation and mental health</b>	<p>I can understand how media manipulation can be involved in a person's mental ill-health</p> <p>I can understand how and why some media is manipulated</p> <p>I can consider how self-esteem can be affected by the media positively and negatively</p> <p>I know where to access help if worried about a mental health concern</p>	<p>I can consider how some mental ill health issues such as self-harm, eating disorders, anxiety and depression can be linked to low self-esteem</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Media manipulations scenarios</p> <p>Information sheets on self-harm, eating disorders, anxiety, and depression</p> <p>Optional video clip:  <a href="http://www.youtube.com/watch?v=J3xibpxieW0">www.youtube.com/watch?v=J3xibpxieW0</a></p>
<b>6. Assessment</b>	<p>I understand my own mental health and how to recognise signs of mental ill-health in myself and others</p>	<p>I know ways to include mental health as part of a healthy lifestyle</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint Slides</p> <p>Jigsaw Journals</p> <p>Workbook page</p>

