

Healthy Me Puzzle Map - Ages 12-13

Big Question: Can I become more responsible for my health and happiness?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. Me and My Health	<p>I can describe the actions that can be taken to support good physical health</p> <p>I can list some factors that help ensure good health in the longer term</p> <p>I can list the factors that can impact negatively on dental health</p> <p>I can describe the steps that can be taken to keep teeth and gums healthy</p>	<p>I can understand my responsibility for my health</p> <p>I can state some links between dental health and physical and emotional health</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Me and My health table</p>
2. Healthy choices on... managing stress	<p>I understand how health can be affected by emotions and know a range of ways to keep myself well and happy</p> <p>I can recognise when I feel stressed and the triggers associated with this</p>	<p>I understand that how I express my feelings can have a significant impact both on other people and on what happens to me</p> <p>I know some things I can do to help manage my emotions and reduce stress</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Post-It notes and pens</p>
3. Healthy choices on... substances	<p>I know about different substances and the effects they have on the body and why some people use them</p>	<p>I know what makes me feel good and know how to enjoy myself (e.g. to feel calm, elated, energised, focused, engaged, have fun, etc.) - in ways that are not damaging to myself and others</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>True/false quiz</p>
4. Substance misuse and exploitation	<p>I understand what the law says about substance use and possession</p> <p>I can describe some of the links between substances and exploitation of young people</p>	<p>I am aware of some steps that can be taken to avoid engaging in high risk behaviour in relation to substance use</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>NHS website</p>



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5. Healthy choices on... medicines and immunisation	I understand the role of medicines and can explain differing views on this	I can recognise that decisions about my health depend on having access to accurate information	Jigsaw Chime PowerPoint slides Jigsaw Charter Disease cards Antibiotics news report information sheet for groups (optional)
6. Assessment	I can summarise some key things I can do to sustain my health and happiness in the face of stress I can show I understand how and when the influence of others could be harmful to my health and happiness	I can recognise and manage stressful situations	Jigsaw Chime Jigsaw Charter PowerPoint slides Workbook

