

Healthy Me Puzzle Map - Ages 11-12

Big Question: To what extent am I responsible for my mental and physical health?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. How to recognise and deal with anxiety and stress	I can explain ways to help myself when I feel stressed	I can describe techniques I use to manage my emotions	Jigsaw Chime Jigsaw Charter PowerPoint slides Jigsaw Journals Bubble template
2. Healthy choices on... managing stress	I understand how health can be affected by emotions and know a range of ways to keep myself well and happy I recognise when I feel stressed and the triggers associated with this I understand how physical activity can help combat stress	I understand that how I express my feelings can have a significant impact both on other people and on what happens to me	Jigsaw Chime PowerPoint slides Jigsaw Charter Plain paper, pens Jigsaw Journals
3. Healthy choices on... substances	I know about different substances and the effects they have on the body and why some people use them	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	Jigsaw Chime Jigsaw Journals Substance cards
4. Healthy lifestyle choices: Good nutrition, exercise and Sleep	I understand the positive impact of healthy lifestyle choices such as good nutrition, exercise and sleep on my body and mind	I can explain why everyone needs to take responsibility for their health	Jigsaw Chime Jigsaw Charter Game sheet (for teacher) PowerPoint slides Stop, Start, Continue template Jigsaw Journals



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5. Healthy choices on... medicines and immunisation	I understand the role of vaccinations 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 Juggling ball Materials for students' guide to safe use of medicines (including photos of and/or real OTC medication boxes and 'instructions for use' pamphlets - contents removed) (optional) Jigsaw Journals
6. Assessment	I can summarise some key things I can do to sustain my wellbeing	I can express my emotions and empathise with others	Jigsaw Chime Jigsaw Charter PowerPoint slides Juggling Balls Workbook

