

## Changing Me Puzzle Map - Ages 13-14

### Big Question: How can change affect mental health?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
<b>1. Mental health</b>	<p>I know that my mental health can be affected by different situations and experiences</p> <p>I know about some common mental health issues</p> <p>I can challenge stigma about mental health issues</p> <p>I know where to access support if I am worried about my mental health</p>	<p>I appreciate that the people in my life may have a range of different views and opinions</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p><a href="http://www.youtube.com/watch?v=irADsjrhjlj&amp;feature=youtu.be">www.youtube.com/watch?v=irADsjrhjlj&amp;feature=youtu.be</a></p> <p>Instruction sheet - printed, one per group</p>
<b>2. Change and our emotions</b>	<p>I know that change can trigger a range of emotional responses</p> <p>I know that some changes can be more difficult to manage than others</p> <p>I know that going through change can develop resilience</p>	<p>I can suggest ways I can manage change in my life</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Materials for resilience list</p>
<b>3. Better sleep</b>	<p>I know that sleep is important for psychological and physical reasons</p> <p>I know that sleep is important for my mental health</p> <p>I know that sleep is important for learning</p>	<p>I acknowledge that I am in control of changes in my life and appreciate that the decision to implement change can be challenging</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Plain paper, coloured pens (optional)</p>
<b>4. Resilience</b>	<p>I understand what resilience means</p> <p>I understand how resilience can be developed</p>	<p>I can reflect on skills that I could improve to enhance my resilience</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Giving Advice scenarios handout - printed, one per student</p>



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<b>5. Resilience</b>	<p>I can reflect on the changes that my body and brain have undergone since starting puberty</p> <p>I can consider the changes yet to come and how to manage these</p> <p>I know where to access support if I am worried about an aspect of change in my life</p>	<p>I understand that some change is inevitable</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p>
<b>6. Assessment</b>	<p>I can summarise how different types of change can affect mental health and know some strategies to stay resilient</p>	<p>I can manage change positively and know where to get help if I need it</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Workbook</p>

