

Dreams & Goals Puzzle Map - Ages 15-16



Big Question: Can I rely on myself to achieve my goals or do I need luck or destiny?			
Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
<p>1. Managing anxiety and overwhelm</p>	<p>I know of some ways to help me manage any anxiety I may feel now and in the future</p> <p>I know of some ways to help me manage when I feel overwhelmed</p> <p>I know where I can access further information and support</p> <p>I know the links between sleep, physical and mental health and 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>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>How to relax template</p>
<p>2. Money and debt</p>	<p>I can identify my financial goals and whether these are realistic in the short or longer term</p> <p>I can tell you the skills and attributes I have or need to develop in order to aim for my financial goals</p> <p>I am able to budget and understand the possible consequences of debt and sources of support for people in debt or have a gambling problem</p> <p>I understand the risks associated with gambling as an answer to debt or financial pressures</p>	<p>I can tell you about some of the financial pressures that come with increasing independence and into adulthood</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Ways to keep healthy table</p>
<p>3. Dream jobs and skill set</p>	<p>I can identify what my dream job might be</p> <p>I can tell you if my dream job differs from the expectations of my family or friends and if so, how I can manage this to maintain positive relationships</p> <p>I can explain why I may need to change my skill-set as my career develops</p>	<p>I can reflect on my skills and feel proud of who I am</p>	<p>Jigsaw chime (if using)</p> <p>Skills set template</p>



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<p>4. My future relationships</p>	<p>I can tell you what my dreams and goals are in relation to long- term intimate commitments including my choice to raise a family or not</p> <p>I can tell you about the choices available to me in terms of different legal arrangements in a relationship status e.g marriage, civil partnership and the difference between them</p> <p>I can explain the challenges and opportunities of becoming a parent</p> <p>I can identify key skills of successful parenting</p> <p>I can reflect on an appropriate time to start a family and the positive conditions within my relationships and lifestyle that I believe are essential to raising children successfully e.g. financial stability, support networks etc.</p>	<p>I can reflect on whether my long term relationship aspirations differ from those expected of me from others e.g. family or friends, and how I can manage this to maintain healthy positive relationships</p>	<p>Jigsaw Charter</p> <p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Flipchart paper</p> <p>Template – types of living arrangements (optional)</p> <p>Templates for parenting questions (optional)</p> <p>Templates for diamond 9 (optional)</p>
<p>5. What to do when things go wrong</p>	<p>I can identify some possible barriers to some of my dreams and goals</p> <p>I can identify some contingency plans in relation to some of my dreams and goals if obstacles or barriers are met</p>	<p>I can suggest ways I can build my own resilience to face potential challenges in the future</p> <p>I reflect upon people's different responses when goals and aspirations are missed and how they manage/cope with this</p>	<p>Jigsaw Chime</p> <p>PowerPoints slides</p> <p>Jigsaw Charter</p> <p>What are your goals? template</p>
<p>6. Assessment</p>	<p>I understand what I need to do to achieve successful health, relationships and life-goals</p>	<p>I know how to develop skills and relationships that will help me achieve my goals</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint Slides</p> <p>Jigsaw Journals</p> <p>Workbook page</p> <p>www.ted.com/talks/gary_wolf_the_quantified_self</p>