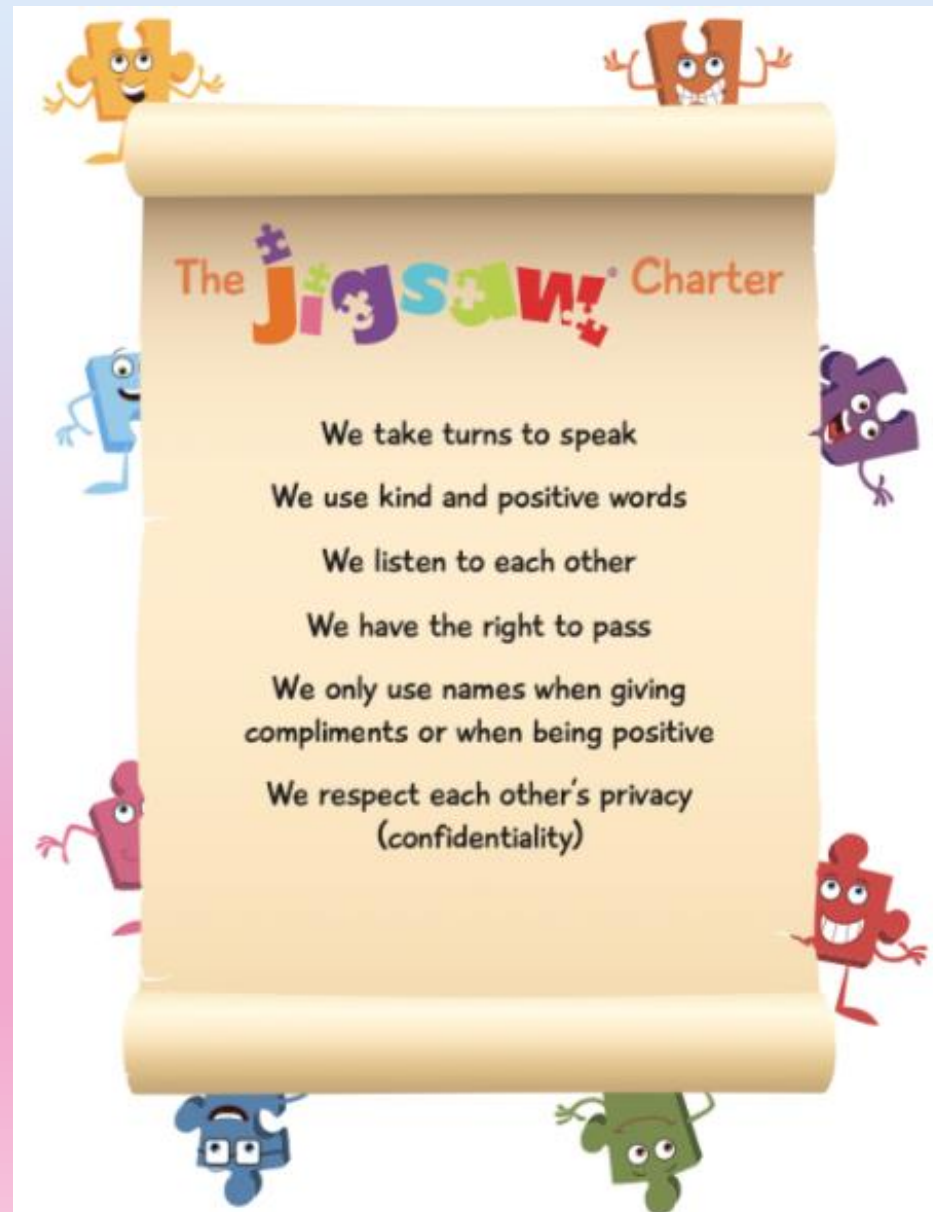




*PSHE*

*Week 1*

Let's read 'The Jigsaw Charter' to remind us how we work together.



# Play Silent Treasure

Sit in a circle and pass *Jigsaw Jack's Treasure Chest* (filled with beads, marbles, coins, coloured stones) without making a sound.



*What can we do together to make this possible?*

*Can we work together to achieve this goal?*

# Calm me



Ring the chime. Stay silent so  
you can hear the chime.

What thing that makes you  
happy will you think of?

*Let's calm our minds so we feel peaceful and can learn better.*

*When you hear the Jigsaw Chime, listen, listen, listen until you can no longer hear any sound coming from it.*

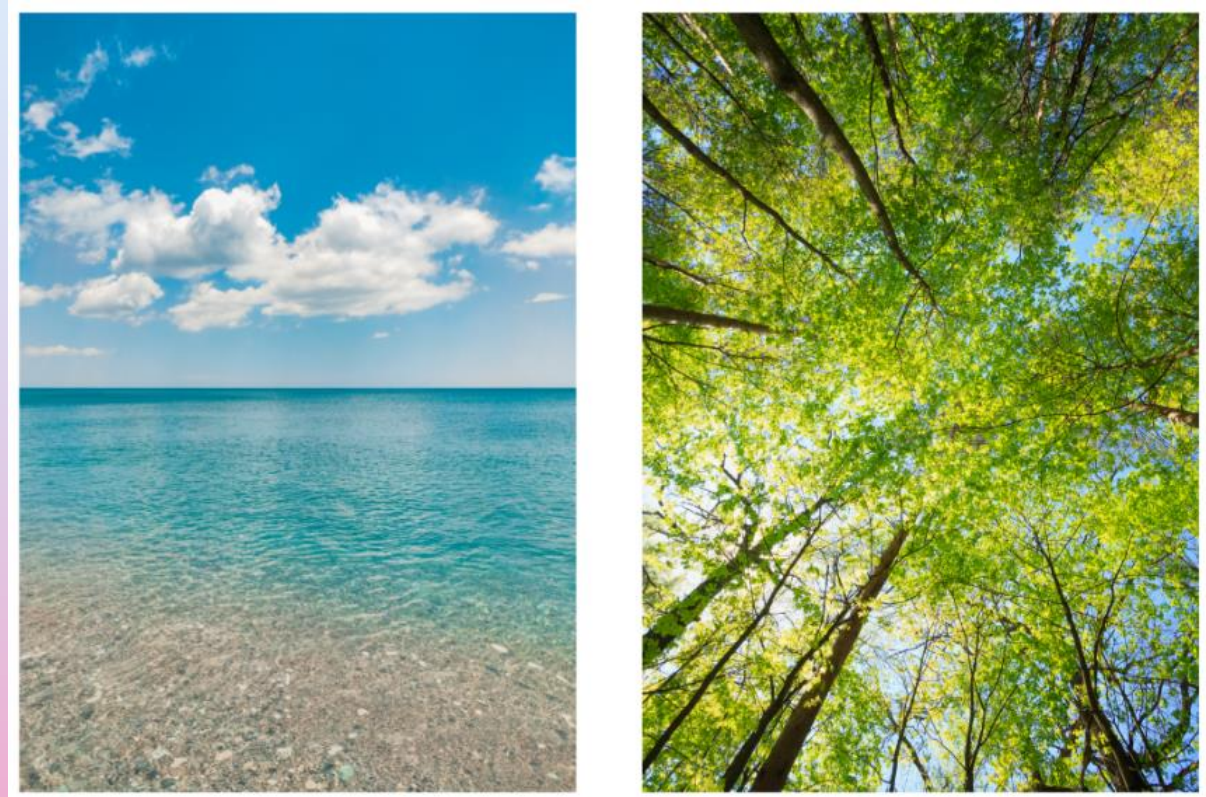
*Now let's get our bodies ready to help our minds calm down. First of all we sit nice and straight in our chairs with our shoulders relaxed and both feet flat on the floor. Then place your hands gently on your tummy so you can feel it rise and fall as you breathe in and out.*

*Now close your eyes if you are comfortable to, or fix your gaze on a point in front of you.*

*Listen to the Chime again until you can no longer hear the beautiful sound. Imagine the sound going far away into the distance, over the hills and into the horizon.*

*You feel peaceful and now start to concentrate on your breathing... in ...out... gently count 1,2,3,4 as you breathe in through your nose, and out again 1,2,3,4,5 as you breathe out through your mouth. Feel your tummy rise and fall as your lungs fill with air and then let it go again.*

## Focus on the picture that makes you calm





*LQ: Can I set a simple goal?*



*Steps to success*

- *I can set simple goals.*
- *I can tell you about a thing I do well.*

# *Star words*

*Proud*

*Success*

*Achievement*

*Goal*

*Treasure*

*Coins*



*Do you see success in this picture? Why or why not?  
Place it in the treasure chest if you see success*



LQ: Can I set simple goal?

Thursday 8th January 2026

*Do you see success in this picture? Why or why not?  
Place it in the treasure chest if you see success.*



LQ: Can I set simple goal?

Thursday 8th January 2026

*Do you see success in this picture? Why or why not?  
Place it in the treasure chest if you see success.*



LQ: *Can I set simple goal?*

*Thursday 8th January 2026*

*Do you see success in this picture? Why or why not?*

*Place it in the treasure chest if you see success.*



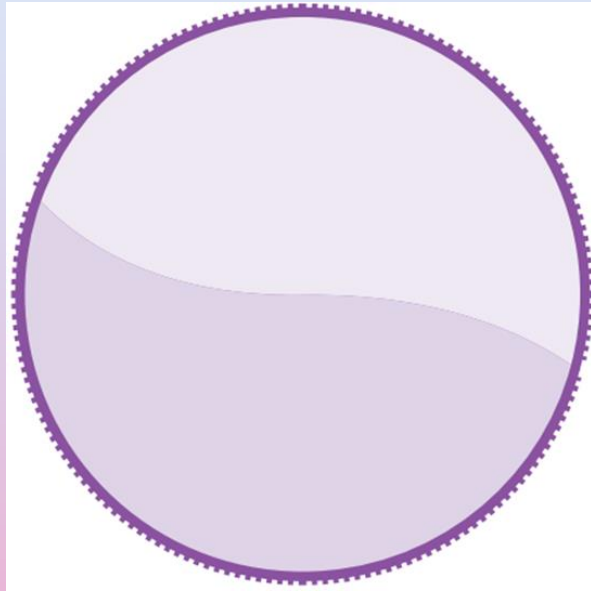
How did you manage to achieve the  
success?

*I achieved the goal by \_\_\_\_\_.*

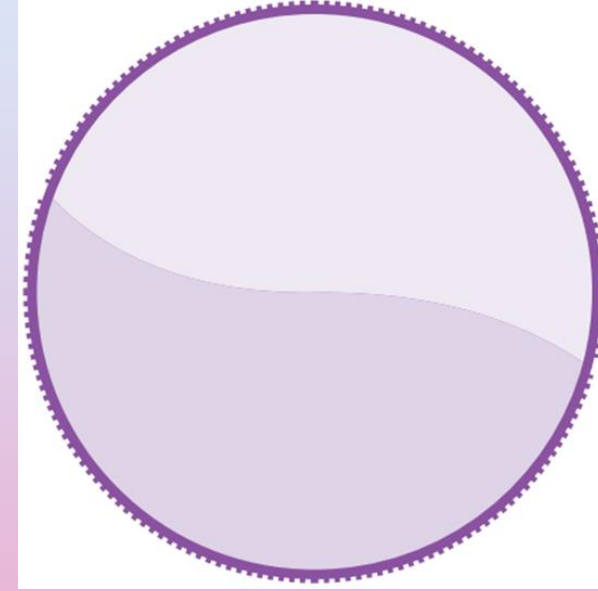
How does it feel to have achieved this  
goal?

*I feel \_\_\_\_\_.*

*On your first success coin draw or write something that you are good at.*



*On your second success coin draw or write your new goal.*



*How do you feel when you do something well?*

