

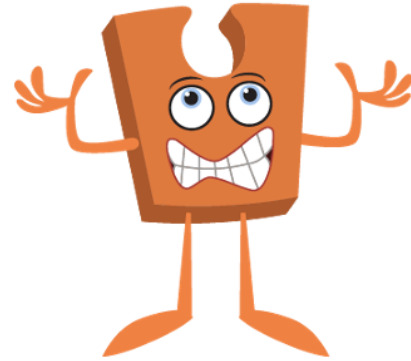


# PSHE

Week 4



Piece  
4



# Stretchy Learning with Jigsaw Jack



*LQ: Can I tell you how I feel when I am faced with a new challenge?*

## *Steps to success*



*I can talk about my feelings.*

*I can explain how I feel when learning something new.*



## Pass the Smile

© Jigsaw PSHE Ltd

*Discuss:*

*How does this game make you feel?*

*How does it feel to receive a smile?*

*Do you have kind eyes when you pass on your smile?*

*Play 'Pass the smile': The first person identified by the teacher smiles at the person on their right who then smiles to accept the smile and then smiles at the person on their right. The smile continues around the circle until it returns to the initial person.*

*(You can repeat with a handshake AND smile.)*

# Star words



Feelings



Challenges



Learning



*LQ: Can I tell you how I feel when I am faced with a new challenge?*

*Monday 26th January 2026*

*Calm me*



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

*What thing that makes you  
happy will you think of?*

LQ: Can I tell you how I feel when I am faced with a new challenge?

Monday 26th January 2026



Ask the children to stand up in the circle and to stretch as high as they can.

Then, ask them to stand on tiptoes and stretch even higher.

Repeat this activity stretching in different directions and emphasising the word 'stretching'. Conclude that our bodies are very stretchy.

Can the children think of anything that is stretchier? E.g. caterpillar, elastic band etc.

Briefly explain to the children that when we learn new things, we have to stretch our thinking or our skills.

*LQ: Can I tell you how I feel when I am faced with a new challenge?*

*Monday 26th January  
2026*

*TP: How does it feel when we start to learn something new? (Scary, nervous, exciting.)*

*Today we are going to learn something new. We are going to make stretchy flowers, when making the flowers you have a think about how you feel about making something you have not done before.*

LQ: Can I tell you how I feel when I am faced with a new challenge?

Monday 26th January 2026



**Step 1** - Make a hand print or draw around your hand.

**Step 2** - Cut out your hand print/flower.

**Step 3** - Decorate it to make it look like a flower.

**Step 4** - Fix the hand print to one end of a **pipe cleaner**, threading the pipe cleaner through the hand so it sits on the top like a flower.

**Step 5** - Attach the other end of the pipe cleaner to the end of a **green garden stick** by winding it around the top.

LQ: Can I tell you how I feel when I am faced with a new challenge?

# Task

Monday 26th January 2026

You are now going to make your own stretchy flower



## Challenge Time:

- **Make your own stretchy flower**



*How do you feel about creating something new?*

Self - Assessment:

Were you able to complete your challenge?

