

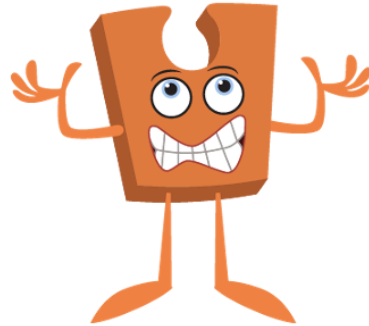


PSHE

Week 5



Piece
5



Overcoming Obstacles with Jigsaw Jack

Monday 2nd February
2026



LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Steps to success



I can talk about my feelings.

I can explain how I feel when I face obstacles.



Pass the Squeeze

© Jigsaw PSHE Ltd

Discuss:

How does this game make you feel?

How does it feel to receive a squeeze?

Now let us try

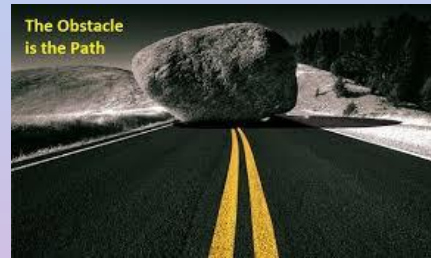
Passing a squeeze and a smile.

Let's Play 'Pass the Squeeze': The first person identified by the teacher gently squeezes the hand of the person on their right who then squeezes the hand of the person on their right and so on. The squeeze continues around the circle until it returns to the initial person.

Star words



Obstacle



Achieve



Goal



Overcome



Challenge



Stepping stones



LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 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 explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026

We re going to listen to this song then have a go singing along.



Song: For Me
for Dreams and Goals



© Jigsaw PSHE Ltd

jigsawpshe.online/umbraco/Surface/Presentation/Present?id=13542&nodeId=9790&culture=en-GB



For Me
(Dreams and Goals)

VERSE 1:

I,
I will be,
I will be,
Be the best that I can be.
Yes you'll see,
I will be,
Be the best that I can be.
Take your turn, you can do it too.

BRIDGE:

Driving forward,
Taste the passion.
I can see it,
I'm in pole position.

CHORUS:

I know to reach the top that
I must climb,
I must climb way up high,
I'm gunna' reach the sky.

I will, I can,
I'm moving on with hope.
Don't look back,

Don't look back,
Don't look back, see,
I'm doing this for me.

VERSE 2:

I,
I can be,
I can be,
Be the best that I can be.
Yes you'll see,
I can be,
Be the best that I can be.
Take your turn, you can do it too.

BRIDGE 2:

Take that first step,
Make it happen.
Seize this moment,
That's what dreams and goals
are made of.

CHORUS

BRIDGE 1+2

That's what dreams are

CHORUS

Future doctors,
Future actors,
Future teachers,
Let's all sing it together.
Future pilots,
And the writers,
Future chefs,
And future fire fighters.
We're the laughers,
We're the smilers.
The future's bright,
Now let's all sing this together.

CHORUS

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026

Now you are going to listen you the story about Pauli's journey



Note: Read the Jigsaw story: 'Pauli's Journey' to the children and encourage them to join in at the key points.

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



Pauli was a penguin who lived in the snowy Antarctic. Antarctica is a very cold place at the bottom of the world.

Did you know that penguins live there?

Pauli had a very special partner called Marta who he loved very much. Like all penguin couples, sometimes they spent a little while apart from each other.

When they were old enough the mummy penguins would lay an egg and leave it with the daddy penguins to hatch. The mummy penguins would march across the snowy land to reach the sea where they all had a rest and ate lots of fish.

It's very hard work laying an egg you know, so they deserved a holiday!

When the mummy penguins came back, it would be time for the daddy penguins to have their holiday.

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



Today's story is about Pauli's trip. Marta had just come back from the sea so it was time for Pauli to join all the other daddy penguins for their holiday.

Pauli waddled along the icy and snowy land. There was a LONG way to go so it was going to take a few weeks to reach the sea.

In the first week there was a terrible snow storm and the wind blew so hard that Pauli and the other penguins had to stop walking and had to huddle together to keep warm.

Invite the children to mime the snow storm, or mime Pauli and the penguins huddling to keep warm.

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



In the second week, there was icy-rain that made it slippery to walk along, so the penguins had to step very carefully and slowly to stop themselves from falling over.

Invite the children to mime the icy rain falling with their hands and fingers.

TPs-How might the penguins be feeling?

In the third week, they reached the place where the seals live. Seals don't think twice about gobbling up a penguin for a snack, so the penguins had to walk very quietly and quickly so they couldn't be caught.

Invite the children to make themselves small so they won't be seen and put their fingers on their lips to be quiet.

TPs- How the penguins might be feeling?

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



In the fourth week, there was bright sunshine, the snow started to melt and the ice broke apart so it slowed down the penguins' journey.

Invite the children to mime the sun coming out with their hands. Ask how the penguins might be feeling.

On the fifth week, the penguins could see the sea. They were nearly there! Pauli and the other daddy penguins were feeling very tired, but they just had to keep going. When one penguin fell behind the others, someone would nudge them along and give them encouragement to keep going. It was safer for the penguins to travel in a group.

TPs- What they might say to encourage Pauli and the other penguins to keep going?

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



On the sixth week, they finally reached the sea. Pauli and the other penguins were so pleased. It had taken a long time and every day had been a struggle, but they had made it. Pauli dived into the sea and started to catch lots of fish to eat. He was very hungry.

TPs-How are the penguins feeling now?

Invite the children to congratulate Pauli and the other penguins for succeeding in their challenge.

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



Pauli and the others stayed at the sea for a few weeks and then it was time to make the long journey back.

It's tough being a penguin isn't it?

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026



© Jigsaw PSHE Ltd


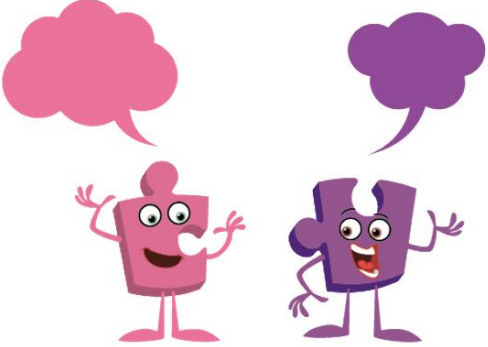
How can we help each other when we find things difficult?

How can we help each other to reach our goals?

How does it feel to overcome obstacles and reach your goal?

LQ: Can explain how I feel when I face obstacles and how I feel when I overcome them?

Monday 2nd February 2026

**How have you kept going
when something was difficult?**

© Jigsaw PSHE Ltd

*TPs- Tell your partner something that you found difficult to achieve and how you kept going to achieve it.
Then tell them how you did it and how you felt when you achieved it.*

Self - Assessment:

Do you understand what an obstacle is and how to achieve your goal?

