

## The Jigsaw 11-16 Recovery Package





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Jigsaw, the mindful approach to PSHE, aims to equip young people for life, to help them understand and respect who they are, know how to manage their emotions, keep themselves healthy and happy, and maintain positive relationships with others.

In turn, this will also equip them to learn effectively and make the most of opportunities presented to them at school.

The Covid 19 crisis has turned so much upside down that Jigsaw is contributing to bringing students back to school safely by offering this Recovery Package FREE to all schools.

It is written in a way that means it can either be teacher-delivered or used as a home-learning pack.

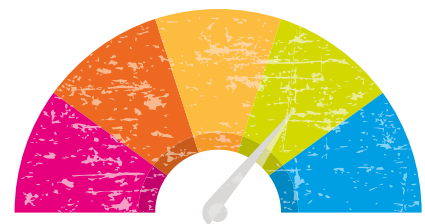
Teachers, not Jigsaw PSHE, are responsible for what is offered to whom, mindful of students' contexts and situations.

The Package is flexible and offers a range of learning activities/ lesson plans that we hope will support the issues young people and teachers may be facing because of Lockdown and returning to school.

The Recovery Package comprises:

1. **Jigsaw REST** (Resilience and Engagement Scale and Toolkit) which includes:

- This Introduction
- Jigsaw Resilience Scale to measure wellbeing and resilience against 10 descriptors
- Strategies to build resilience relating to each of the 10 descriptors
- x6 short PowerPoints with notes and activities
- Resilience Journal
- Map showing which lessons in Jigsaw PSHE would best support the development of each descriptor.



Jigsaw REST has been adapted to be suitable for all year groups and for home-learning, self-study.

Many schools are using the REST Scale as a screening tool to assess students' wellbeing as they return to school, informing appropriate interventions and helping to monitor progress.

2. **Learning Charter**, editable to enable you to add extra 'rules' and 'responsibilities' which may be necessary during the return to school e.g. social distancing





3. **Lessons** (suitable for self-study as well as in-school learning and adaptable for different ages) on:

- a) Looking after myself
- b) Managing difficult feelings
- c) Loss and grief
- d) Remembering who I am and who I want to become
- e) Looking forward, beyond Covid 19...for me
- f) Looking forward, beyond Covid 19...for the world

We hope this Package will be helpful as you bring students back into school or continue to support them to learn at home.

Further information on the Jigsaw PSHE Programme for ages 11-16 is available with free sample materials to download:

[www.jigsawpshe.com](http://www.jigsawpshe.com)

or contact us +44 (0)1202 377193

[office@janleveragegroup.com](mailto:office@janleveragegroup.com)



**Jigsaw, the mindful approach to PSHE is a lesson-a-week comprehensive Scheme of Work for PSHE for ages 3-16, underpinned by mindfulness and with a strong focus on emotional and mental health.**

The 6 Jigsaw modules (Puzzles) run in sequence from the beginning to the end of the school year:

**Being Me in My World**

**Celebrating Difference**

**Dreams and Goals**

**Healthy Me**

**Relationships**

**Changing Me**

All the statutory RSHE requirements are covered and mapped (DfE England 2019) and an assessment process is integral to the programme.

Jigsaw 11-16 is the endorsed teaching programme for the NCFE RSHE Levels 1 and 2 Awards.

Schools choosing the Jigsaw PSHE Programme are offered free updates to the core programme and ongoing support through the online Jigsaw Community Area.

One-off payment and no annual license fees.