



# Being me in my world

## Lesson 1 – Getting to know each other

# Jigsaw charter



Have a look at the at our jigsaw charter. We are going to use this at the beginning of every lesson.

## The Jigsaw Charter

We take turns to speak  
We use kind and positive words  
We listen to each other  
We have the right to pass  
We only use names when giving compliments or when being positive  
We respect each other's privacy  
(confidentiality)

# Connect us



Let's find out some **similarities and difference** between us as a class.

I am going to ask you all something that you like or dislike. If it relates to you, I will ask you to put your hand up or put your finger on your nose. This will help us get to know each other a bit better and see what we have in common.

# Calm me



# Open my mind



At the end of this session, all of you are going to get a treasure coin (attached on the website- or just write down on a piece of paper).

On the treasure coin or a piece of paper, we are going to write an achievement that you have been proud of in your life.

What is an achievement?

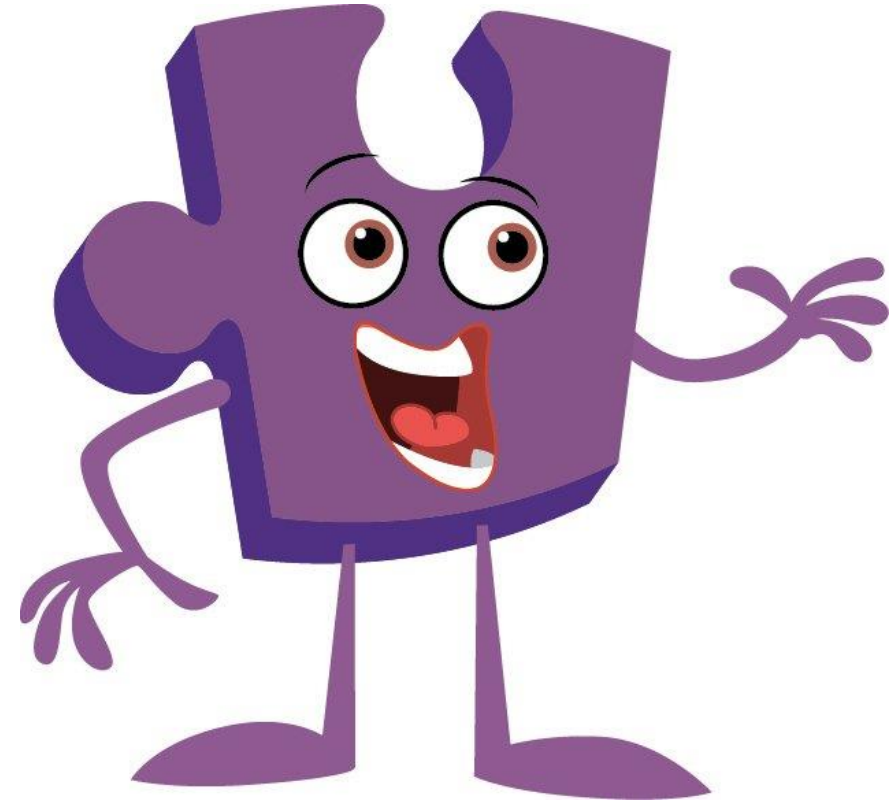


# Tell me or show me



We are going to share some of our achievements with the rest of the class, with the help from Jino.

Remember if you do not want to share, you have the right to pass.



# Let me learn



When we are back in school, you will all get a Jigsaw Journal and this will be a special folder for keeping their Jigsaw work.

Here is a medal. What I want you to do is think about a goal that you may have for this school year.

After this zoom call, I want you to write down or talk to an adult about these questions:

What is a goal?

Why do we have them?

How might we achieve them?

Would anyone like to share them?

When you have thought about your goal, write it down and keep it somewhere safe for when we are back in school.



# Help me reflect



Have you achieved these targets today?

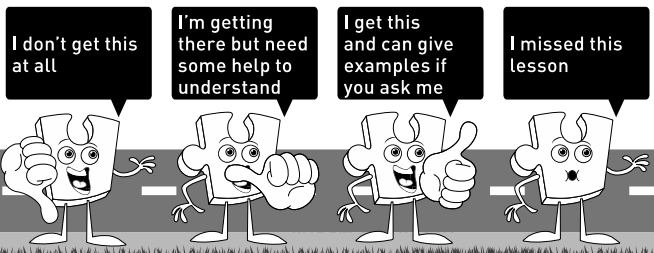


Puzzle 1 - Being Me in My World (Pieces 1-3)

Ages 7-8

Name .....

					TINT BOX - To improve next time I...
Piece 1	I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals.				..... ..... .....
	I know how to use my Jigsaw Journal.				..... ..... .....
Piece 2	I value myself and know how to make someone else feel welcome and valued.				..... ..... .....
	I can face new challenges positively, make responsible choices and ask for help when I need it.				..... ..... .....
Piece 3	I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions.				..... ..... .....
	I understand why rules are needed and how they relate to rights and responsibilities.				..... ..... .....
	I know how to make others feel valued.				..... ..... .....
					..... ..... .....





## Activity:

Task 1- Write down an achievement that you have been proud of in your life. It can be on the treasure coin or just on a piece of paper.

Task 2- Talk to an adult or write down answers to these questions:

What is a goal?

Why do we have them?

How might we achieve them?

Would anyone like to share them?

Then set yourself a goal of what you would like to achieve by the end of the year

Task 3- Look at the Jigsaw Journal. Do you think you have achieved the objectives for lesson 1? Talk to an adult about it.

Meet back at 1:00pm to talk through some of your thoughts and ideas.

I look forward to seeing you again.