



# Jigsaw 'Recovery' Package

## Introduction

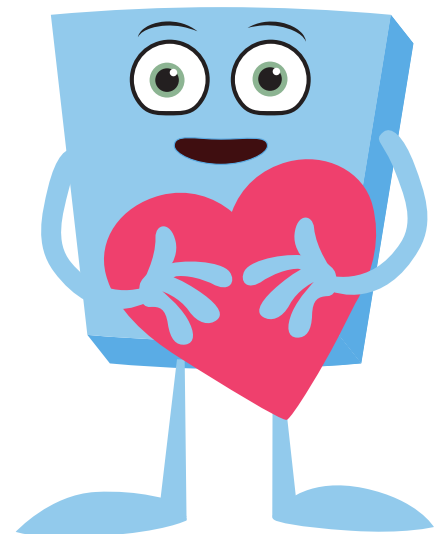
At Jigsaw we are always keen to support schools using Jigsaw Programmes. Very aware that the Covid 19 pandemic has caused disruption and will have had all sorts of impact on children, we have written some additional materials that we hope may help as children return to school.

Some children will be eager to get back to the safety and predictability that school provides for them, others may be anxious or not want to come back.

A safe, calm, caring, welcoming school community will offer routine and solidity.

This '**Recovery**' Package comprises:

- This Introduction from Jan Lever
- A map showing which Jigsaw lessons could offer support for specific topics related to returning to school
- A separate pack for KS1 and KS2 each including:
  - ~ An assembly acknowledging the Covid situation, drawing out the positive themes from it e.g. community spirit, helping others, Colonel Tom, NHS, etc. and supporting British Values and togetherness.
  - ~ Lesson plans focussing on:
    - a) Welcome back to school including a temporary Jigsaw Charter to support respect for personal space (social distancing), hygiene, etc.
    - b) Belonging and feeling safe at school
    - c) Reconnecting with friends at school
    - d) The Coronavirus explained and keeping safe and well
    - e) Managing worries, fears and anxieties
    - f) Being positive and looking forward to learning
    - g) Gratitude and appreciation
    - h) Loss and bereavement



And for **Year 6**, new lessons on transition to secondary school relating this to their extraordinary situation due to Covid 19.

We are offering you 18 new lesson plans and two assemblies.

**The Jigsaw 'Recovery' Package** is our contribution to supporting schools through the crisis, and is **FREE to download for all Jigsaw schools** from the Jigsaw 3-11 Community Area (Recovery tab).

### Assemblies

We are, of course, very aware that there will be a phased approach to children returning to school so it may be a while before the whole school can congregate for assemblies. However, we believe that to restore the sense of community and offer a return to the predictability of 'how things used to be' it might be worthwhile bringing groups of children together in a large space (social distancing) and are offering the 'Welcome back' assemblies to help this.

### The Map

Please be aware that there are many lessons in Jigsaw, the mindful approach to PSHE, that will be of great support to teachers and children in this extraordinary time.

We have flagged up some examples of lessons that you may like to use for specific purposes, to address certain needs (see map).

The map is not exhaustive and whilst Jigsaw is carefully designed to build learning from the beginning to the end of the school year, at this time we suggest you may need to simply use the resources to meet the needs of the children, even using some of the activities as therapeutic interventions if that seems appropriate.

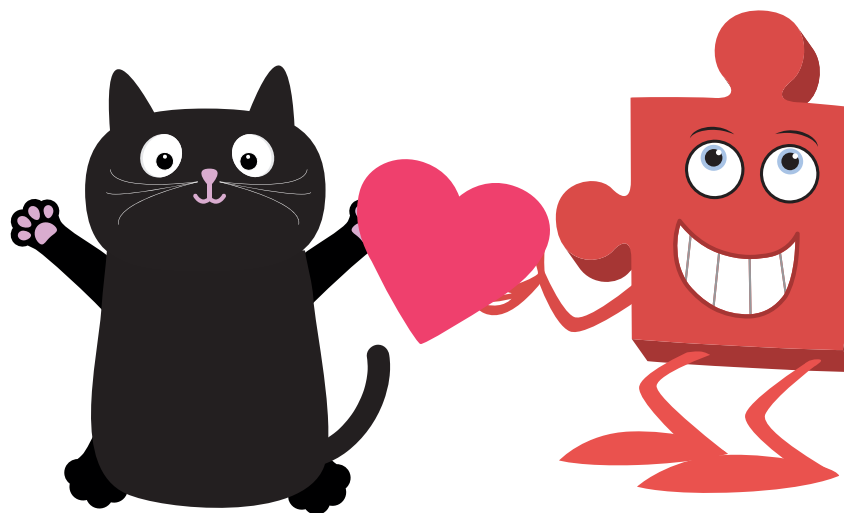
### New lesson plans

We have listened to teachers' concerns about how they might need to support children's emotional needs as they return to school.

The new lesson plans in the 'Recovery' Package are designed to address some of these needs and relate specifically to the Covid 19 situation.

They will complement the Jigsaw Programme and follow the same structure including Connect Us activities (which take into account personal space) and, of course, Calm Me and the Jigsaw Friends with Jigsaw Jerrie Cat.

The refreshed lessons for Year 6 children are designed to help them prepare for going to secondary school.

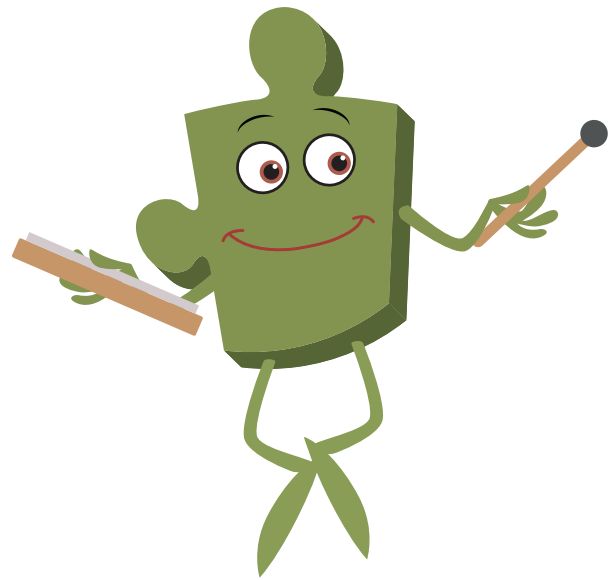


## Mindfulness

Jigsaw Programmes are underpinned and infused with mindfulness philosophy with mindfulness practice in every lesson (Calm Me and Pause Points).

Now, perhaps more than ever, we believe maintaining regular Calm Me times will be of huge benefit. Please feel free to use Calm Me across the school week, not just in Jigsaw lessons, if this will help the children feel peaceful and calm.

We have uploaded a generic Calm Me time audio file onto the Community Area and you are welcome to share this with your team and with parents/carers.



## How are your children as they return to school?

### How will you know?

Whatever children's 'home-learning' experience has offered them, however safe, boundaried, stimulating or otherwise, the return to school after many weeks off will need careful managing.



## Screening Tool for resilience

Would it be useful to have a simple screening tool to see where children are in terms of well-being and resilience, as they come back into school? ►

**Jigsaw REST (Resilience and Engagement Scale and Toolkit)** identifies x10 descriptors, the 'ingredients' of resilience. The REST Scale gives teachers a quick and easy way to measure where children are with each descriptor. If they score low on some, this informs the interventions that will support them to build these aspects of their resilience. REST then provides links across to the Jigsaw PSHE Programme showing which of the lessons/activities will help with each descriptor for each year group. There are additional suggestions for intervention work, x2 staff training PowerPoints and x1 Parent session (PowerPoint, etc.), and tracking processes, along with x2 assemblies (KS1 and KS2), on understanding resilience.



Because we believe that Jigsaw REST could prove invaluable in the current situation, we have transformed it into a digital download, allowing us to drastically reduce the price from £375 to just £100 plus VAT.

Unfortunately, we cannot give this away, but we hope that offering Jigsaw REST at such a minimal cost will make it viable for schools to use at this time to support the building/rebuilding of children's well-being and resilience.

We hope our contribution will support you as you phase children back into your learning community.

We believe very strongly that it is the relationship we have with children that underpins their well-being and capacity to learn. Curriculum can be caught up as long as they are well, safe and secure. How we 'show up' for them is paramount. They find security in our consistency and, as Carl Rogers would say, in our 'unconditional positive regard' for each of them.

**Jan Lever**  
CEO Jigsaw PSHE Ltd

