



Jigsaw

Jigsaw is a Personal, Social, Health Education (PSHE) programme used in all primary and secondary schools across the city that helps children and young people to know and value who they are and understand how they relate to other people and the world.

It offers a mindful, interactive and creative approach to PSHE that provides lessons for every year group for the whole school.

There are 6 Puzzles, each with 6 Pieces. Each Piece is based on specific learning to meet children and young people's needs as well as develop emotional literacy and social skills.

The puzzles are themed around:

- Being in my world
- Celebrating difference
- Dreams and goals
- Healthy me
- Relationships
- Changing me

Jigsaw works with every year group, for the whole school, across primary and secondary schools (from year 1 to year 11, ages 4-16)

How to contact us:

Ask your school's PSHE lead or check out the website www.jigsawpshe.com



Jigsaw Families Programme

The Jigsaw Families Programme supports children and their families with the knowledge, skills and confidence to develop healthy, strong, lasting and loving relationships. The sessions provide an informal, friendly and safe environment in which to explore the challenges of being a parent and offers strategies to help meet families' needs.

The project brings a parent or carer together with one of their primary school aged children for special learning time. They will explore effective communications, positive behaviour management, mindfulness practice and managing change through an 8-week programme using audio stories.

Mindfulness techniques will be woven into every session to reinforce the Calm Me time children receive in their Jigsaw lessons.

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