



Jigsaw- A Mindful Approach to PSHE

At Shustoke, we deliver a programme of learning called Jigsaw.

Jigsaw, a whole school approach, is a scheme of work that focuses on developing children's awareness of themselves and others through mindful practices.

Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation.

The scheme of work is split into six key themes, one for each half term.

Autumn 1-Being Me in my World

Autumn 2-Celebrating Difference

Spring 1- Healthy Me

Spring 2- Dreams and Goals

Summer 1- Relationships

Summer 2- Changing Me



The themes are worked on both at class level and in whole school assemblies, relating to our school values. Each class has their own cuddly puzzle piece mascot, a CD of songs linked to the themes and a wealth of resources to support learning. Pupils are also encouraged to keep a Jigsaw Journal, where they compile their work, as well as a reflection of their learning or feelings.