

## Rushen Primary School 6Rs & Jigsaw

Term 6R (*Jigsaw)	Autumn 1 Readiness (Being Me in My World)	Autumn 2 Remembering (Celebrating Difference)	Spring 1 Resilience (Dreams and Goals)	Spring 2 Resourcefulness (Healthy Me)	Summer 1 Relationships (Relationships)	Summer 2 Reflectiveness (Changing Me)
Week 1	I feel good about myself / I like the person I am.	I can remember the important facts and events.	I keep going until I find the answer to a question.	I know how to get help when I need it.	I can work with others, take turns and share ideas/resources.	I feel proud of what I've done.
Week 2	I know the differences between right and wrong.	I can learn through talking and doing things.	I like to hear what people say about the things I have done.	I can ask different questions.	I can respect other people's opinions and not argue.	I care about how well I'm doing.
Week 3	I can control the way I react to my feelings.	I can use what I have learnt.	I find other people's advice helpful and useful.	I can choose what I need to complete a task.	I care about other people and how they feel.	I can develop step-by-step plans.
Week 4	I know what to do or where to get help during activities.	I can see links between my ideas and others.	If I cannot work out how to do something one way, I'll try a different idea.	I have lots of my own ideas.	I know when to say sorry.	I can work with others to achieve something together.
Week 5	I can concentrate on what I am doing.	I can use my memory to understand more difficult things.	I am prepared to take risks.	I try to solve problems independently before asking for help.	I tell the truth.	I can think of ways to improve what I do.
Week 6	I'm a good listener.	I can explain reasons for my decisions.	I learn from my mistakes.	I am willing to learn and try new things.	I value friendships and know how to be a good friend.	I know how to help myself learn.

\*The **Jigsaw** Programme aims to equip children to understand who they are, to be healthy and happy and good, caring people with a strong emphasis on emotional wellbeing and mental health. You can access a specially designed home learning programme for free here: <https://families.jigsawpshe.com/stuck-at-home/>

