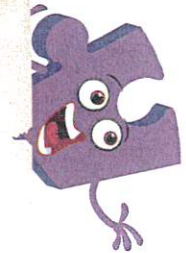


The **Jigsaw!** Charter
Families



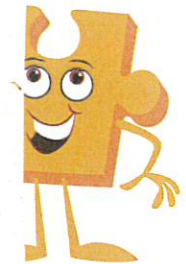
We take turns to speak

We use kind and positive words

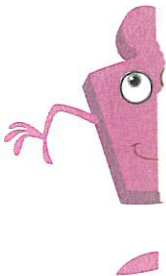
We listen to each other

We have the Right to Pass

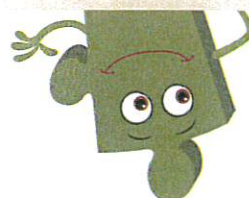
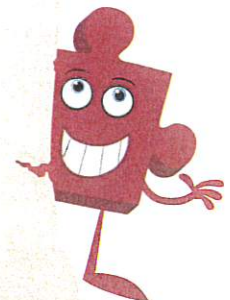
We only use names when giving
compliments or when being positive



We respect each other's privacy
(confidentiality)



We are open-minded
and non-judgemental



Calm Me Time Script Session 1 (3-5 Years) (Children modelling first)

Adults, I invite you to sit completely quietly to let your Family Member concentrate and show you what Calm Me Time is all about.

Children, I invite you to sit back in your chairs with both feet flat on the floor and a nice straight back so you feel proud and relaxed.

I am going to sound the Jigsaw Chime and want you to listen... listen... listen... until you can't hear it any longer...

(Facilitator: sound the Chime and don't talk until the sound has faded.)

Rest your hands on your tummy and take a lovely deep breath in and then gently blow out your breath through your mouth, like you are blowing a feather through the air.

Let's try that again... Keep your hands on your tummy and take a big breath in. Can you feel your tummy getting bigger?

And then gently blow the breath out through your mouth, like blowing a feather through the air.

Take another big breath in and feel your tummy get bigger, then gently blow the breath out and feel your tummy go down again.

Can we try this again with our eyes closed?

Take a big breath in, feel your tummy get bigger, then gently blow the breath out through your mouth and feel your tummy go down again.

Now listen... listen... listen to the Jigsaw Chime as it gets quieter and quieter and fades away...

(Facilitator: sounds the Chime and don't talk until the sound has faded.)

Now open your eyes... Wiggle your fingers and jiggle your toes and have a great big stretch to bring your awareness back into the circle.

Facilitator

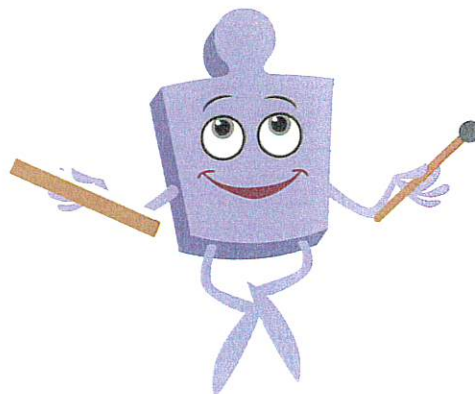
Congratulate children for showing the Family Pairs how to do a Calm Me Time.

Using Jigsaw Jonty as the talking object, ask children if they would like to say how they feel in Calm Me Time.

Would the children like their Family Pair to do a Calm Me Time with them?

If so, children move their chairs back into the big circle and Facilitator takes everyone through the same Calm Me Time; use Jigsaw Jonty as the talking object for parents to express how they felt during Calm Me Time.

Thank everyone for giving it a go and explain that this gets easier as we practise it. The more we do it the better it feels, until we can just drop into the calm feelings whenever we like, even for a few moments here and there, which is especially helpful when life gets stressful.



Calm Me Time with ages 3-5 Years

Jigsaw PSHE in schools and early year settings

Jigsaw PSHE is the mindful approach to PSHE. Throughout every year group, at the beginning of each lesson (Piece) there is a Calm Me Time, which is designed to teach children techniques to relax their bodies and calm their minds. This is being used to great effect and is having a positive impact on children's ability to concentrate, to connect well with each other and, most importantly, to be more aware of and better able to manage their feelings and thought processes.

We firmly believe that the sooner children are introduced to these techniques, the more 'second nature' they become and the more helpful the impact on their capacity to learn.

If the children in your Jigsaw Families Programme are in a school or early years setting that is following the Jigsaw PSHE Programme, the children will be experiencing Calm Me Times already. If not, this introduction might be helpful as you help them get used to doing Calm Me exercises in the Families Programme.

Introduction

As the experience of quietness, stillness and being calm tends to be alien to many children, we strongly advise taking plenty of time to prepare them, to lead them gently to the Calm Me scripts that follow.

It may need weeks of practice just to be able to breathe in through the nose and out through the mouth, and to gain an awareness of this happening in the moment. This will be accompanied by practising sitting next to someone, possibly in a circle and listening.

Each of these skills needs to be built before the Calm Me scripts below can be used for the desired effect.

Then the Chime might take some getting used to. Children love this but will need to be helped to listen to it again and again, once a day maybe, over a period of weeks, listening to it sounded just once and listening until the sound disappears completely. In itself this centres the child's attention and awareness and enhances their concentration skills, but more than that, it gives him a sense of quiet, calm and peace.

Further to this it is also worth remembering that further preparation may well be needed so that children are able to use their imaginations to visualise the pictures in the later scripts. If they have never been to the beach on a summer day and felt the sand between their toes or the water lapping round their ankles as they paddle, how will they be able to call these experiences to mind in a visualisation?

Preparing them by giving them the experience in school or setting, to dip their toes in water, their toes and fingers in the sand tray would be essential. Adding seagull noises and seashells to touch and feel, enhance this experience so that when they are asked to imagine a sandy beach, they have experience to draw on.

So, when using the Jigsaw Calm Me scripts, please take time to read them well ahead of time in order to provide children with the experiential opportunities they need in order to fully embrace the Calm Me Times.

The scripts are progressive and are deliberately repetitive, so children get used to the routine of the practice.



Do Not Disturb
Calm Me Time
in progress

