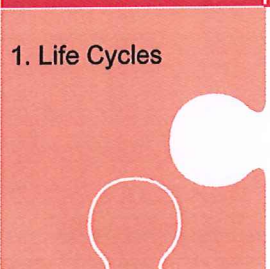
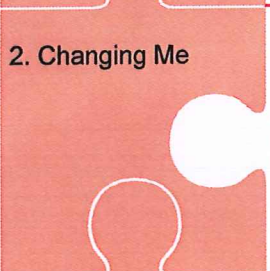
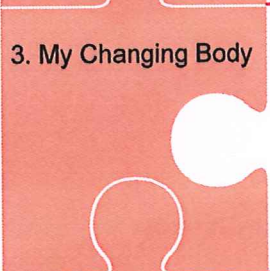
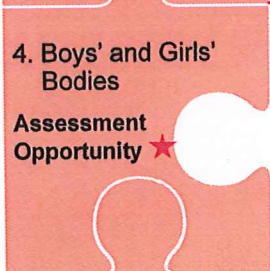
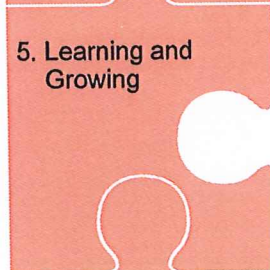
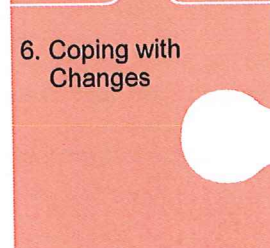


# Changing Me

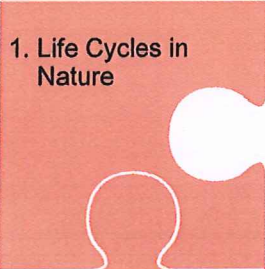
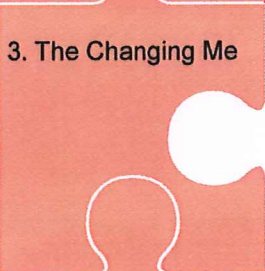
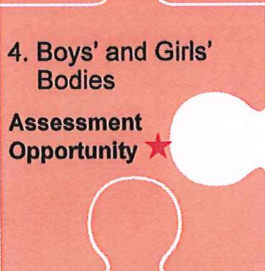
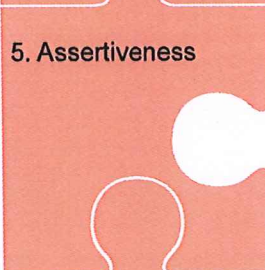
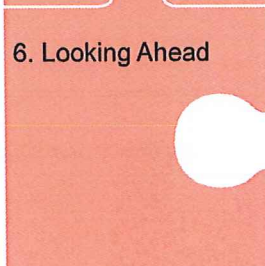
## Puzzle Overview - Year 1

Puzzle 6 Changing Me	Puzzle Outcome	Resources
<b>Pieces</b>		
<b>1. Life Cycles</b> 	<p>I am starting to understand the life cycles of animals and humans</p> <p>I understand that changes happen as we grow and that this is OK</p>	<p>Jigsaw Chime, 'Calm Me' script, Find your pair cards, Jigsaw Song sheet: 'Changing as I grow' BBC Learning Clip: 9463 Frogs, Teacher's photos: series of photos from baby to adult, Life cycle cards, Jigsaw Journals.</p>
<b>2. Changing Me</b> 	<p>I can tell you some things about me that have changed and some things about me that have stayed the same</p> <p>I know that changes are OK and that sometimes they will happen whether I want them to or not</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jack, Life cycle cards, Paper for concertina book, Jigsaw Journals.</p>
<b>3. My Changing Body</b> 	<p>I can tell you how my body has changed since I was a baby</p> <p>I understand that growing up is natural and that everybody grows at different rates</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jack, Baby photo of the teacher, Baby photos brought in by the children, Jigsaw Journals.</p>
<b>4. Boys' and Girls' Bodies</b> <b>Assessment Opportunity ★</b> 	<p>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina</p> <p>I respect my body and understand which parts are private</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Male/female animal Powerpoint, PE hoops or flipchart paper, Body parts cards and Powerpoint, Jigsaw Journals .</p>
<b>5. Learning and Growing</b> 	<p>I understand that every time I learn something new I change a little bit</p> <p>I enjoy learning new things</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Jigsaw Song sheet: 'Changing as I grow', Picture cards, Flower shape and petals for flipchart, Flower template, Photos of the children, Jigsaw Journals.</p>
<b>6. Coping with Changes</b> 	<p>I can tell you about changes that have happened in my life</p> <p>I know some ways to cope with changes</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jack, Book: 'Moving Molly' by Shirley Hughes, Bag of items for Changes Game, Jigsaw Journals.</p>



# Changing Me

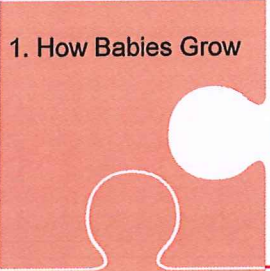
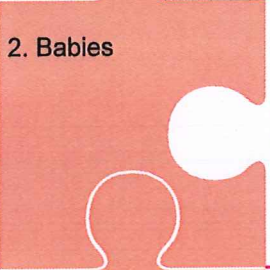
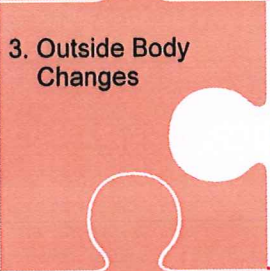
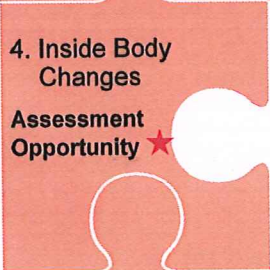
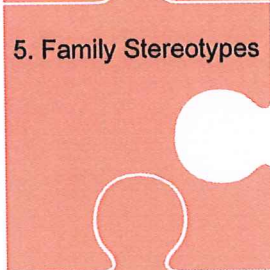
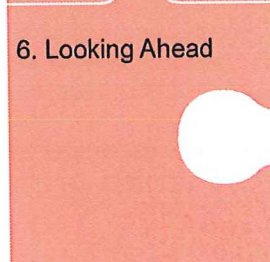
## Puzzle Overview - Year 2

Puzzle 6 Changing Me	Puzzle Outcome	Resources
Pieces		
<b>1. Life Cycles in Nature</b> 	<p>I can recognise cycles of life in nature</p> <p>I understand there are some changes that are outside my control and can recognise how I feel about this</p>	<p>Jigsaw Chime, 'Calm Me' script, Find your pair cards, Jigsaw Jo, Jigsaw Song sheet: 'Changing as I grow', BBC Learning clip: 2250, An introduction to life cycles, Jigsaw Journals.</p>
<b>2. Growing from Young to Old</b> 	<p>I can tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>I can identify people I respect who are older than me</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jo, PowerPoint - young to old, Book: 'My Grandpa is Amazing' by Nick Butterworth, Photos from home of a grandparent as a child and now, Card leaf templates A4 size - one per child, Jigsaw Journals.</p>
<b>3. The Changing Me</b> 	<p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>I feel proud about becoming more independent</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jo, Book: 'Titch' by Pat Hutchins, Timeline labels: Baby, Toddler, Child, Teenager, Adult, A box or bag of collected items to represent different stages of growing up, Timeline template, Jigsaw Journals.</p>
<b>4. Boys' and Girls' Bodies</b> <b>Assessment Opportunity</b> ★ 	<p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</p> <p>I can tell you what I like/don't like about being a boy/girl</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jo, Flipchart paper, Body parts cards and PowerPoint, A bag or laundry-type basket containing a collection of girls' and boys' clothes including underwear and swim suits, Jigsaw Journals.</p>
<b>5. Assertiveness</b> 	<p>I understand there are different types of touch and can tell you which ones I like and don't like</p> <p>I am confident to say what I like and don't like and can ask for help</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jo, Feely bag 1 (containing e.g. pebble, sandpaper, Playdoh, fur, velvet, pine cone, plastic dinosaur toy and any other suitable objects), Feely bag 2 (containing soft material like velvet, satin or silk), Teddy bear, Poem: 'What About You?', Alternative book: 'Hug' by Jez Alborough, Jigsaw Journals.</p>
<b>6. Looking Ahead</b> 	<p>I can identify what I am looking forward to when I am in Year 3</p> <p>I can start to think about changes I will make when I am in Year 3 and know how to go about this</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jo, Two visiting Year 3 pupils, Card leaf templates, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Journals.</p>



# Changing Me

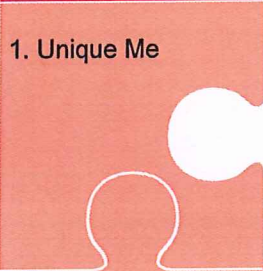
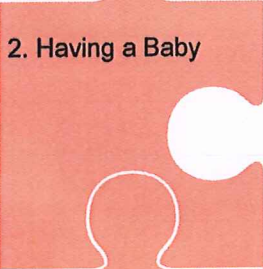
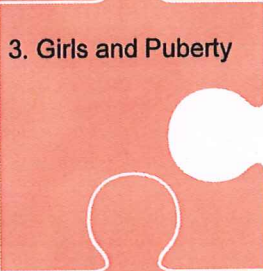
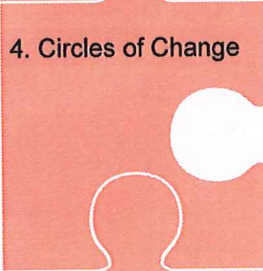
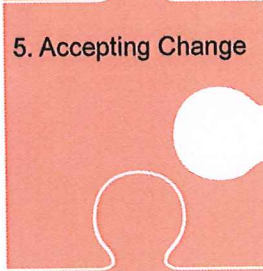
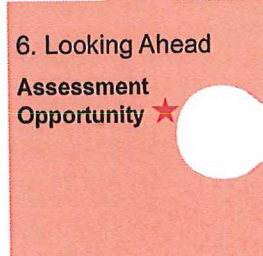
## Puzzle Overview - Year 3

Puzzle 6 Changing Me	Puzzle Outcome	Resources
Pieces		
<b>1. How Babies Grow</b> 	<p>I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p> <p>I can express how I feel when I see babies or baby animals</p>	<p>Jigsaw Chime, 'Calm Me' script, Baby/mother pair cards, PowerPoint slides - Babies, Jigsaw Jino, Visiting mum and baby (if possible) OR new baby pet pictures OR book: 'My New Baby' by Anne Kubler, Jigsaw Journals.</p>
<b>2. Babies</b> 	<p>I understand how babies grow and develop in the mother's uterus</p> <p>I understand what a baby needs to live and grow</p> <p>I can express how I might feel if I had a new baby in my family</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Baby PowerPoint - slides, Post-it notes, Flip chart paper, Book: 'My Baby Sister' by Emma Chichester Clark, Jigsaw Jino, Magazines/catalogues showing things for babies, Jigsaw Journals.</p>
<b>3. Outside Body Changes</b> 	<p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>I recognise how I feel about these changes happening to me and know how to cope with those feelings</p>	<p>Jigsaw Chime, 'Calm Me' script, Outline figure of a body on large flipchart paper, Set of Body Change cards, PowerPoint slides: Body Changes, 'My Life, My Changes' sheet, Jigsaw Journals.</p>
<b>4. Inside Body Changes</b> <b>Assessment Opportunity ★</b> 	<p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings</p>	<p>Jigsaw Chime, 'Calm Me' script, Parent/Child cards, PowerPoint slides: Body Changes from Piece 3, PowerPoint slides: Changes on the inside, Animations: Male and Female Reproductive Systems, 'The Great, Growing Up Adventure' sheet, Jigsaw Jino, Jigsaw Jino's Private Post Box, for comments and questions, Jigsaw Journals.</p>
<b>5. Family Stereotypes</b> 	<p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p>	<p>Jigsaw Chime, 'Calm Me' script, Charades cards, Jigsaw Jino, Task card resource sheet, Flipchart paper, plain pillow cases, Fabric pens/paints, Jigsaw Journals.</p>
<b>6. Looking Ahead</b> 	<p>I can identify what I am looking forward to when I am in Year 4</p> <p>I can start to think about changes I will make when I am in Year 4 and know how to go about this</p>	<p>Jigsaw Chime, 'Calm me' script, Jigsaw Jino, Two visiting Year 4 pupils, Wooden batons, Different coloured ribbons/crepe paper strips, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Journals.</p>



# Changing Me

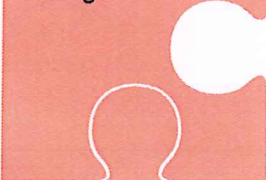
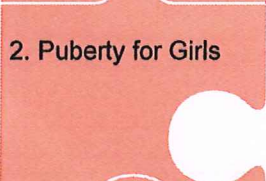
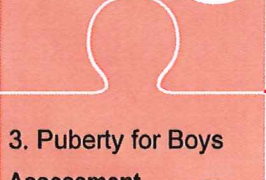



## Puzzle Overview - Year 4

Puzzle 6 Changing Me	Puzzle Outcome	Resources
Pieces		
<b>1. Unique Me</b> 	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p>I appreciate that I am a truly unique human being</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Cat and kitten cards, 'My Parents and Me' Puzzle templates, Jigsaw Journals.</p>
<b>2. Having a Baby</b> 	<p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, 'Making Things' cards, Sheets of flipchart paper prepared with questions written at the top, Flashcard pictures of sperm and egg, PowerPoint slides - Changes on the inside, Animation: The Female Reproductive System, Printed copies of PowerPoint slides, Jigsaw Journals.</p>
<b>3. Girls and Puberty</b> 	<p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>Jigsaw Chime, 'Calm Me' script, 'How do I feel about puberty' cards, A 'bag of tricks' - a mystery bag containing a collection of items relating to puberty and growing up, for a lucky dip activity, Animation: The Female Reproductive System, PowerPoint slide of internal female organs, Sets of Menstruation Cards for card-sort and/or sticking into Jigsaw Journals, Jigsaw Journals, Jigsaw Jaz.</p>
<b>4. Circles of Change</b> 	<p>I know how the circle of change works and can apply it to changes I want to make in my life</p> <p>I am confident enough to try to make changes when I think they will benefit me</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jaz, Season tree pictures, Book: 'Moving House' by Anna Civardi and Stephen Cartwright, Circle of change PowerPoint slide, Circle of change diagram, Circle of change template, Split pins, Jigsaw Journals.</p>
<b>5. Accepting Change</b> 	<p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Emotions cards, Jigsaw Song sheet: 'Changing as I grow', Season tree pictures from Piece 4, Change Scenario cards, Jigsaw Journals.</p>
<b>6. Looking Ahead</b> <b>Assessment Opportunity</b> ★ 	<p>I can identify what I am looking forward to when I am in Year 5</p> <p>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Two visiting Year 5 pupils, Circle of change template, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Journals.</p>



# Changing Me

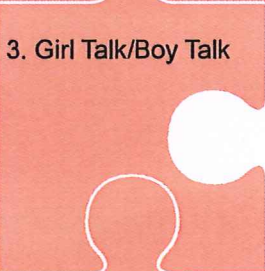
## Puzzle Overview - Year 5

Puzzle 6 Changing Me	Puzzle Outcome	Resources
<b>Pieces</b>		
<b>1. Self and Body Image</b> 	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I know how to develop my own self esteem</p>	<p>Jigsaw Chime, 'Calm Me' script, Ball, Jigsaw Jez, Self-image cards, Image PowerPoint slide, Self-image picture frame card template, Jigsaw Journals.</p>
<b>2. Puberty for Girls</b> 	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, PowerPoint slides of male and female bodies, Animation: The Female Reproduction System, Menstruation Card Match, Sets of a range of sanitary products: tampons with and without applicators, pads with and without wings, pads of varying sizes, colours and shapes, Great Growing Up resource sheet, Menstruation Worries cards - one for each working group, If available: some examples of published information leaflets about puberty, Jigsaw Jez's private post box, Jigsaw Journals.</p>
<b>3. Puberty for Boys</b> <b>Assessment Opportunity ★</b> 	<p>I can describe how boys' and girls' bodies change during puberty</p> <p>I can express how I feel about the changes that will happen to me during puberty</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Tennis ball, Puberty: Points of View statements, Agree and Disagree labels, Animation: The Male Reproductive System, PowerPoint slides: male organs (as per Year 4 Piece 2) Boys 'n' Puberty Quiz - either single sheets or cut up into sets of cards, Materials as necessary to produce a colourful information leaflet or PowerPoint presentation, If available: some examples of published information leaflets about puberty, Jigsaw Journals.</p>
<b>4. Conception</b> 	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p> <p>I appreciate how amazing it is that human bodies can reproduce in these ways</p>	<p>Jigsaw Chime, 'Calm me' script, Jigsaw Jez, Relationships Cards, enough for one for each child, Category labels for the room corners: Family Relationships..., etc., Animation: The Female Reproductive System and The Male Reproductive System, Having A Baby Diamond 9 cards, PowerPoint slides: A Baby in the Womb, - The Truth About Conception and Pregnancy card sort - statements, true/false cards, and explanation cards.</p>
<b>5. Looking Ahead</b> 	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>I am confident that I can cope with the changes that growing up will bring</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Jigsaw Song sheet: 'Changing as I grow', Birthday cake and candles, Selection of age 13 birthday cards/PowerPoint pictures, Flip chart paper, Jigsaw Journals.</p>
<b>6. Looking Ahead to Year 6</b> 	<p>I can identify what I am looking forward to when I am in Year 6</p> <p>I can start to think about changes I will make when I am in Year 6 and know how to go about this</p>	<p>Jigsaw Chime, 'Calm Me' script, Six visiting Year 6 pupils, Jigsaw Jez, Spinning top template, Circle of change template, Jigsaw Journals, Pot of bubbles.</p>



# Changing Me

## Puzzle Overview - Year 6

Puzzle 6 Changing Me	Puzzle Outcome	Resources
<b>Pieces</b>		
<b>1. Self and Body Image</b> 	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I know how to develop my own self esteem</p>	<p>Jigsaw Chime, 'Calm me' script, Jigsaw Song sheet: 'Changing as I grow', PowerPoint of celebrity images, 'Real' self/'ideal' self template, Highlighter pens, Jigsaw Journals, 3 bottles as props, Smoothie label template, Smoothie recipe template, Fruit smoothies (optional).</p>
<b>2. Puberty</b> 	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can express how I feel about the changes that will happen to me during puberty</p>	<p>Jigsaw Chime, 'Calm Me' script, Growing-Up Bingo cards, Puberty Flashcards, PowerPoint slides of male and female organs, PowerPoint slides showing girl to woman and boy to man, Animations: Female and Male Reproductive Systems, Puberty Truth or Myth cards, enough for each working group to have one complete set, Blank paper, Jigsaw Gem's Private Post Box.</p>
<b>3. Girl Talk/Boy Talk</b> 	<p>I can ask the questions I need answered about changes during puberty</p> <p>I can reflect on how I feel about asking the questions and about the answers I receive</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Gem, Preferably two separate spaces for boys and girls to work separately, The questions submitted by the children at the end of the previous Piece, typed up and checked for anonymity, and sorted into sets of boy's and girl's questions, Animations: Female and Male Reproductive Systems.</p>
<b>4. Babies - Conception to Birth</b> <b>Assessment Opportunity ★</b> 	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>I recognise how I feel when I reflect on the development and birth of a baby</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Gem, Tennis ball, PowerPoint slides of scans of babies in the womb, Animations: Female and Male Reproductive Systems, YouTube footage of baby in womb, A set of 'Baby Can...' cards, cut up and shuffled, Conception to Birth resource sheet, Conception to Birth Card Sort Template, Jigsaw Journals.</p>
<b>5. Attraction</b> 	<p>I understand how being physically attracted to someone changes the nature of the relationship</p> <p>I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Gem, Photo cards: Holding hands, Jigsaw Journals.</p>
<b>6. Transition to Secondary School</b> 	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school</p> <p>I know how to prepare myself emotionally for starting secondary school</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Gem, PowerPoint slide of Bungee, Coloured card and pens, Blank T-shirts, Fabric pens.</p>