PSHCE - Jigsaw

Today I would like you to visualise what your 'Garden of Dreams and Goals' might look like. This is a safe and happy place with nothing scary in it. It is personal to you so use your imagination to visualise what your garden may look like. There are some ideas below to help you if you are struggling to imagine what may be in your garden.

I would like you to design a dream bird that may visit you garden. This can be a real or imaginary bird. You might draw a picture of your dream bird or make a model – it is entirely up to you.

Read through the Calm Me Script (below) as we would at the begging of Jigsaw lessons to help to relax your mind before you begin.

Dreams and Goals

Calm Me Script - Ages 6-7 - Pieces 4 and 5

Let's calm our minds so we feel peaceful and can learn better.

When you hear the Jigsaw Chime, listen, listen, listen until you can no longer hear any sound coming from it.

Now let's get our bodies ready to help our minds calm down.

First of all we sit nice and straight in our chairs with our shoulders relaxed and both feet flat on the floor. Then place your hands gently on your tummy so you can feel it rise and fall as you breathe in and out.

Now close your eyes if you are comfortable to, or fix your gaze on a point in front of you.

Listen to the Chime again until you can no longer hear the beautiful sound. Imagine the sound going far away into the distance, over the hills and up into the clouds. Lovely sounds float up into the white fluffy clouds.

You feel peaceful and now start to concentrate on your breathing... in ...out... gently count 1,2,3,4 as you breathe in through your nose, and out again 1,2,3,4,5 as you breathe out through your mouth. Can you feel your tummy rise and fall as your lungs fill with air and then let it go again?

Focus on your breathing and feel more and more calm every time you breathe out.

Imagine you are floating on the white fluffy clouds, like a magic carpet ride. You feel light and free and happy.

The clouds keep you safe until you want to gently jump off and float to the ground…a nice soft landing.

You have landed in a Garden of Dreams and Goals; a safe, happy place.

Help your imagination create a picture in your mind of this beautiful garden. Colours? Sounds? How do you feel in the garden. Can you see any birds in the Garden of Dreams and Goals?

Count your breathing again... as you breathe in 1,2,3,4 and as you breathe out... 1,2,3,4,5.

Do this several times and then, when you are ready, bring your attention back to the classroom and bring your calm mind back here with you. Open your eyes when you are ready.

Dreams and Goals

Gardens PowerPoint Slides 1-8 - Ages 6-7 - Pieces 4&5