



The mindful approach to PSHE

Jigsaw PSHE and the NEF's 5 Ways to Well-Being

Foresight's Mental Capital and Well-being Project has drawn on state-of-the-art research from across the world to consider how to improve everyone's mental capital and mental well-being through life. Evidence suggests that a small improvement in well-being can help to decrease some mental health problems and also help people to flourish. The result is 'five ways to well-being': a set of evidence-based actions to improve personal well-being.

Here, we look at how Jigsaw supports the 5 ways to well-being:

Connect

Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

At Jigsaw, we know how crucial it is for relationships to work well, so we have worked a connecting activity into every lesson. The Connect Us activity at the beginning of each Jigsaw lesson serves to improve children's social skills to better enable collaborative learning – all while children have fun! These activities are designed to maximise social skills, to engender positive relationships and enhance collaborative learning. Explicit skills will be taught through Jigsaw Pieces (lessons), but maximum benefit will be achieved if these are both modelled and reinforced throughout every school day.

Be active

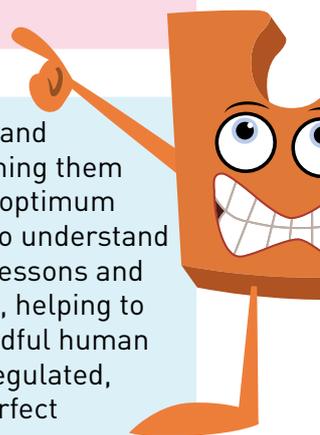
You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

There is an abundance of opportunities in 'Healthy Me' that encourage children to participate in activities that promote a healthier lifestyle, and this obviously includes being physically active every day. Children are encouraged to participate in at least 60 minutes of daily physical activity.

Keep learning

Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Naturally, children are learning new skills every day, and Jigsaw really helps to enhance their learning by teaching them about themselves, how they learn best, and what the optimum conditions for learning are. Jigsaw teaches children to understand their thoughts and feelings and through both taught lessons and the Calm Me time exercises (using the Jigsaw chime), helping to develop their awareness, and their capacity to be mindful human beings. Learning is thus enhanced as emotions are regulated, behaviour managed and calmness generated. The perfect combination for learning new skills!



Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental well-being and help you build new social networks.

Dreams and Goals is the Puzzle that aims to help children think about their hopes and dreams, the dreams and goals of others in different cultures/countries, and their dreams for the world. This Puzzle culminates in the opening of the 'Our Garden of Dreams and Goals', which is created by each year group adding its contribution. There is also the opportunity for schools to hold a fete where fundraising events will take place. This affords children a number of opportunities for working with money, understanding financial capability and generating money for charity.

Be mindful

Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Jigsaw brings together PSHE Education, emotional literacy, mindfulness, social skills and spiritual development. Teaching children about mindfulness is an integral part of Jigsaw, and it helps children to understand more about themselves, to observe your own thoughts and feelings as they happen, in the present moment, applying no judgement. Every Jigsaw lesson affords children (and adults) the opportunity to practise mindfulness, most explicitly through the Calm Me time. Mindfulness is best described as paying attention to the present moment; and practising mindfulness helps people to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they're better able to manage them. Practising mindfulness can also give more insight into emotions, boost attention and concentration, and improve relationships.

neweconomicsfoundation/docs/five_ways_to_well-being

