
Weaving Well-Being Tools of Resilience Programme Samples

Teacher Guide Y4/P5

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Lesson 2: Jigsaw of Perspective

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Lesson 2: PowerPoint Slides

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Lesson 2: Supplementary Worksheets

Jigsaw of Perspective - SW2A

Jigsaw Piece for Class Jigsaw - SW2B

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Lesson 2: Class Poster

Jigsaw of Perspective - CP2





Lesson 2: Jigsaw of Perspective

England

Core Theme 1: Health and Well-being

Mental Health

Pupils should have the opportunity to learn:

- H19. A varied vocabulary to use when talking about feelings; about how to express feelings in different ways;
- H20. Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
- H24. Problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools

Wales

Skills

Learners should be given opportunities to:

- Manage different emotions and develop strategies to resolve conflict and deal with bullying

Health and emotional well-being

Learners should be given opportunities to:

- Feel positive about themselves and be sensitive towards the feelings of others
- Understand the range of their own and others' feelings and emotions

Scotland

Mental, emotional, social and physical well-being

Mental and emotional well-being

- I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 2-01a
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 2-02a
- I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 2-04a

Northern Ireland

Strand 1: Personal Understanding and Health

Self-Awareness

Children should have opportunities to explore:

- Facing problems, trying to resolve and learn from them
- Examining and exploring their own and others' feelings and emotions
- Knowing how to recognise, express and manage feelings in a positive and safe way



Part 3



Lesson Plans and PowerPoint Slides

Objectives

1. That the children will understand the meaning of the word perspective.
2. To introduce the **Jigsaw of Perspective** to the children.
3. To encourage the children to use this tool whenever they need it.

Development

- Show and discuss the PowerPoint slides.
- Discuss and complete the activities in the children's book.
- Discuss and set the homework page.

Lesson 2: Cross-curricular Links / Supplementary Activities

- Make a class display entitled '**Our Jigsaw of Perspective**'. Jigsaw piece template is included in the Supplementary Worksheet - SW2B (page 46). Do a class brainstorm on all of the things the children are lucky to have in their lives. Each child then chooses one to illustrate on their piece. Put them together, leaving a blank piece in the middle with the words 'My Problem' or 'My Worry' on it. The children can use it as a visual reminder whenever they need to put a disappointment or problem into perspective.
- Show some examples of optical illusions and allow children to research some of their own. Discuss the idea that it is possible to see things in different ways. Discuss and encourage the concept of seeing things from another perspective or from someone else's perspective.
- Ask the children to imagine if their friend was having the same problem as them - what advice would they give them?
- Remind the children that it takes effort and determination to get things into perspective, and like all skills, it will get easier with practice. Allow children to relate their own experiences of this concept.
- Encourage the children to think of specific areas of their lives as having specific **Jigsaws of Perspective**, for example, their family and friendships. Then if they have a conflict with a friend, they can be encouraged to put it into the perspective of the whole relationship, so that it does not overshadow it, or become disproportionate.
- Discuss the meaning of the phrase '**Don't make a mountain out of a molehill**'. How can perspective help us with this? Have they ever done this in the past?
- A photocopyable version of the **Jigsaw of Perspective** is included in the resources section Supplementary Worksheet - SW2A (page 45). This can be used at the teachers' discretion.



Links to the videos used in this lesson, can be found on the digital companion page for this taster book on:

www.otb.ie/well-being-taster

Links to the videos used in all ten lessons as well as other recommended third-party videos that support the delivery of the lessons are available on the digital companion page of the **Tools of Resilience Teacher Guide**.





Part 3



Lesson Plans and PowerPoint Slides

Lesson 2: PowerPoint Slides Jigsaw of Perspective





PP Lesson 2 PowerPoint is available to download on the digital companion page for this taster book on: www.otb.ie/well-being-taster

PowerPoints for all ten lessons are available on the digital companion

page of the *Tools of Resilience Teacher Guide*.

Slide 9

Lesson 2 Jigsaw of Perspective





Slide 10

What is Perspective?


Perspective means how you see things, and **think** about things.

What do you see when you first look at this picture?



*Some people see a vase,
some people see two faces!*

It can be helpful for us to remember that we don't always see the full picture at first!





Slide 11

How Perspective Helps Us..

The same is true about how we sometimes see our problems and disappointments.

When we are upset or annoyed, sometimes we only see our **problem** and we forget to see and think about all the other good things that we have in our lives.

It's a bit like only seeing one piece of a jigsaw, and not seeing the full picture!



Slide 12

The Jigsaw of Perspective

We can think of all the wonderful things in our lives as parts of a jigsaw.

If we have a problem or worry, we can think of it as only **one** piece of the jigsaw.

The same is true if we have a fight or conflict with our friends and/or family. We can think of the conflict as one piece of the jigsaw, but try to remember all the other good pieces. This can help us not to blow things out of proportion!

Slide 13

Making and Using Your Jigsaw of Perspective

Now it's time to make and use your own **Jigsaw of Perspective**.

In your Pupil Book, look at the blank jigsaw. Now think about all the things in your life which you are lucky to have- family, friends, home, toys, books, pets, etc. Draw and write them on the blank pieces of your jigsaw. Use lots of colour!

The next time you over-react to a little problem or worry and need help to see the big picture, look at your Jigsaw of Perspective, or even just think about it! Time for our Pupil Book.....




Slide 14

Pupil Book Time

Now it's time to do some activities in our **Weaving Well-Being Pupil Books**.

We will also have a home-work challenge to try this week to help us to **create** our own **well-being**.

