

Year 4: Jigsaw - Puzzle 3: Goals and Dreams piece 3

LO: I can make a new plan and set new goals even if I have been disappointed

Ask an adult to read the calm me script to you and ensure you are sitting comfortably:

Calm, quiet minds learn better... so, let's see if we can quieten our minds down. We are getting quite good at this now.

Take your Calm Me positions... sit nice and straight in your chairs, see if you can sit up with a straight and dignified spine but so that your back doesn't quite touch the back of the chair. Both feet are flat on the floor and your eyes are closed if you feel comfortable to help your mind focus.

Your hands can rest on your tummy to help focus on your breathing...

So feeling calm, breathe in with a slow, relaxed and gentle breath... in through your nose... feeling your tummy expand as the air enters the lungs.

Then breathe out slowly and gently, through your mouth, feeling your tummy go in again as the air leaves your body.

Breathe in... breathe out... gently blowing air through your lips.

Keep breathing like this and focus your sense of hearing on the sound of the chime...

(Strike the chime once...)

Listen until you can no longer hear the chime resonate...

Then, keep listening very carefully and focus your mind on any sounds you can hear outside the room..... listen... breathe...

Try now to change the channel in your mind and focus on listening to the sounds you can hear INSIDE the room... listen... breathe...

Change the channel one more time and bring all your mind's attention to listening to your breathing, feeling the breath entering and leaving your body...

Notice how calm you feel when you just focus on your breathing...

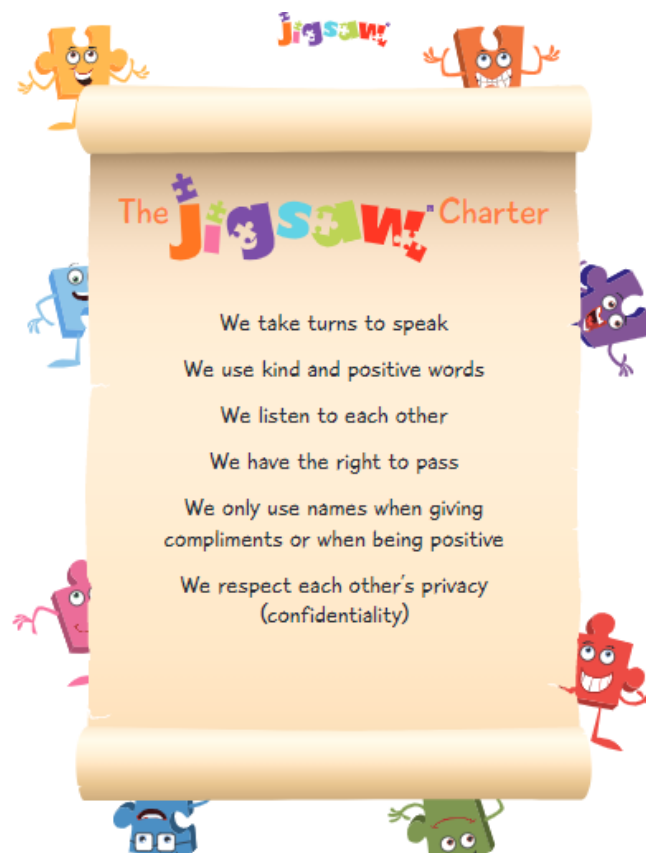
In... Out...

In... silently counting 1,2,3,4... Out... silently counting 1,2,3,4,5, 6.

Repeat several times...

Then when you are ready, I invite you to start to bring your awareness back into the classroom by wiggling your fingers and toes, perhaps having a stretch.... and to bring your quiet mind back into this present moment, right here, right now, back in the classroom and ready to learn.

Then read the charter as a family:



Have a look at this clip, it shows the winner being announced in the American version of The Voice in 2020.

https://www.youtube.com/watch?v=-i8UJ_724uc

Either on your own or with someone in your household, think about / discuss the reactions of the contestants who didn't win.

- How did they react to being disappointed?
- Did they all react the same?
- Did anyone display negative feelings?

We all face disappointment sometimes. Staying positive, having determination, resilience and selfbelief can really help us manage being disappointed. Negative feelings are a natural part of being disappointed, but can be unhelpful to us if we hold on to them for too long. Think about / discuss why you think this is.

Now, I want you to think about a time when you haven't quite succeeded at something. I want you to think about how you might have another go.

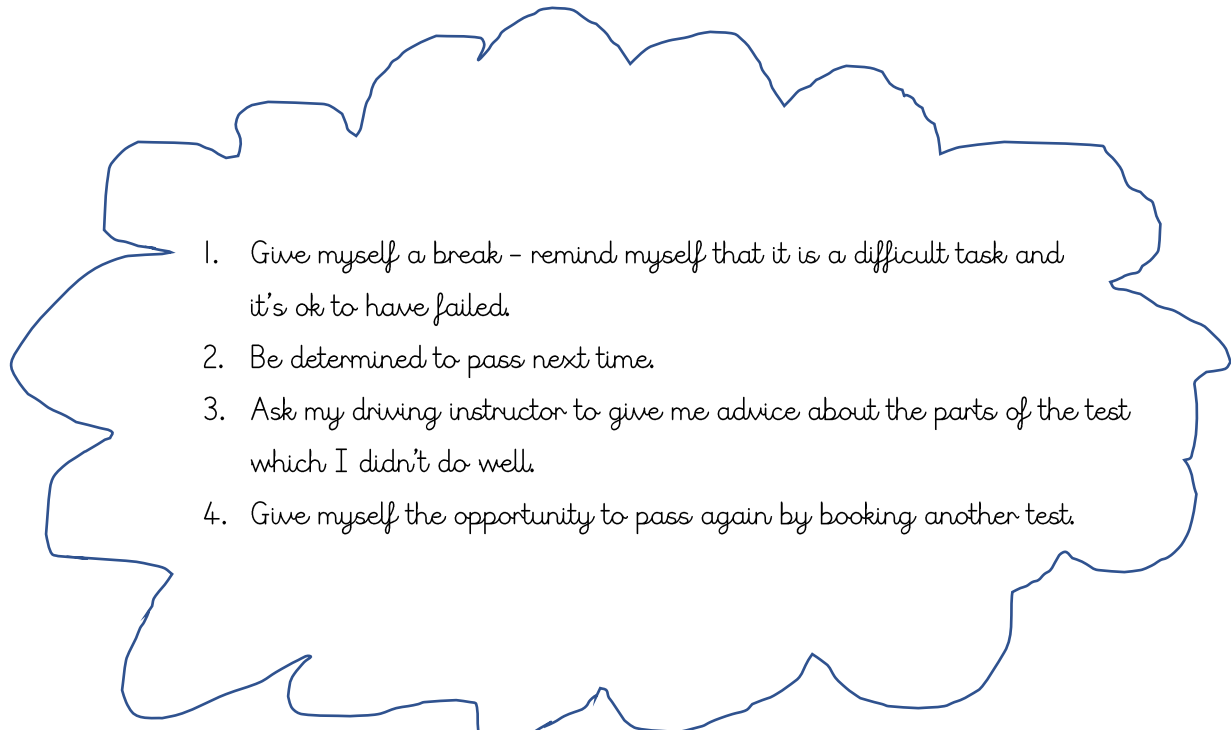
- How might you let negative feelings go 'safely'? Eg you could use the Calm me exercise we use at the start of Jigsaw lessons when we concentrate on our breathing.
- What might you do differently next time? / What steps could you take?
- How can you stay positive and resilient?
- Who could help you?

For me, this could be when I failed my driving test the first (and second) time. Even though it is a long time ago, I can still remember feeling very disappointed and annoyed as everyone I knew seemed to be able to pass their driving test. I probably felt like giving up... but I didn't.

Activity:

On a piece of paper, draw a cloud. In the cloud, write or draw what you could do to help you have another go at the thing you didn't quite succeed at.

Here is what I might have written to myself if I had done this exercise when I failed my driving test.

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1. Give myself a break - remind myself that it is a difficult task and it's ok to have failed.
 2. Be determined to pass next time.
 3. Ask my driving instructor to give me advice about the parts of the test which I didn't do well.
 4. Give myself the opportunity to pass again by booking another test.