



TBAT identify someone I love and express why they are special to me.

## *Relationships - Piece 2*

### Success Criteria:

*I can identify someone I love.*

*I know the different emotions.*

*I know how most people feel when they lose something or someone they love.*

*Challenge: I can understand how positive memories might help us when we lose someone or something we love.*



# The Jigsaw<sup>®</sup> Charter

We take turns to speak

We use kind and positive words

We listen to each other

We have the right to pass

We only use names when giving  
compliments or when being positive

We respect each other's privacy  
(confidentiality)



# Switch

We are going to play a game called switch.

You are to stand up and swap places with someone else who has experienced the same situation that I am going to read out.

So, switch places if....



Connect  
Us



Calm  
Me

We are all going to sit on our chairs in a circle.

We are going to help our minds calm down so that we are ready to learn.



Does your mind feel calm and ready to learn?

First, we are going to listen to a short book

[\[Badger's Parting Gifts\] By Susan Varley ♡ Spoken Ruby Dee](#)

When we lose someone or something in our lives it creates a lot of different feelings. This is completely normal.



Open  
My Mind



What are your thoughts and feelings right now?

These are private, you do not have to share!



Tell Me  
or  
Show Me

What feelings might people experience when they lose someone close to them?

How can people manage these feelings?

Can you choose someone you love and say why they are special to you?

How can you show you value the special people in your life?



## Your task this afternoon

In pairs, on your post-it notes write down the different feelings you might have in these different situations.

Once you have written your post-it note, stick it on the flipchart!

Let Me  
Learn

*Can you put your feelings in order from what you might feel first till what you might feel last?*



# Cycle

When we lose someone or something, there are a few emotions that we might feel. Usually, the feelings follow the same pattern or cycle, these are:

- denial (not believing it's happened)
- feeling angry
- bargaining (e.g. wishing things could be back how they were)
- depression/ sadness
- acceptance (e.g. remembering the good things about the thing or person we lost)

Let Me  
Learn

Let's look in Jaz's memory box!

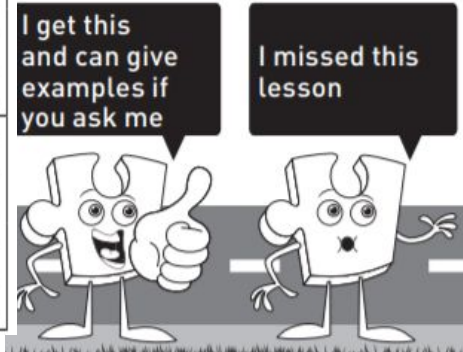
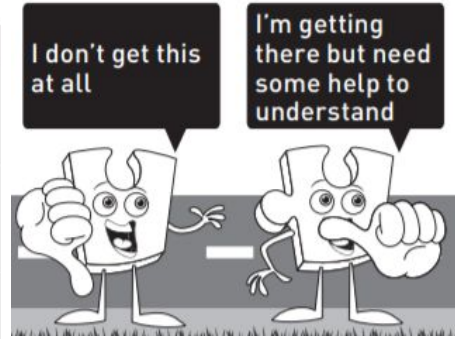




Let's complete our Jigsaw journey sheet.  
Remember to tick the right box and complete the next time section.

Name .....

					TINT BOX - To improve next time I...
Piece 1	I can recognise situations which can cause jealousy in relationships.				..... ..... .....
	I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.				..... ..... .....
Piece 2	I can identify someone I love and can express why they are special to me.				..... ..... .....
	I know how most people feel when they lose someone or something they love.				..... ..... .....
Piece 3	I can tell you about someone I know that I no longer see.				..... ..... .....
	I understand that we can remember people even if we no longer see them.				..... ..... .....



Help Me  
Reflect

