PSHE lessons

**A Jigsaw gift…for families**

Jigsaw have shared two PSHE lessons from their Jigsaw Families Programme for free.

You should be able to download by clicking on the pictures below. Both stories are audio files. There are also two Calm Me audio files from two of the sessions. These stories align with the Jigsaw PSHE Dreams and Goals and Healthy Me Puzzles and are suitable for children aged 5+.

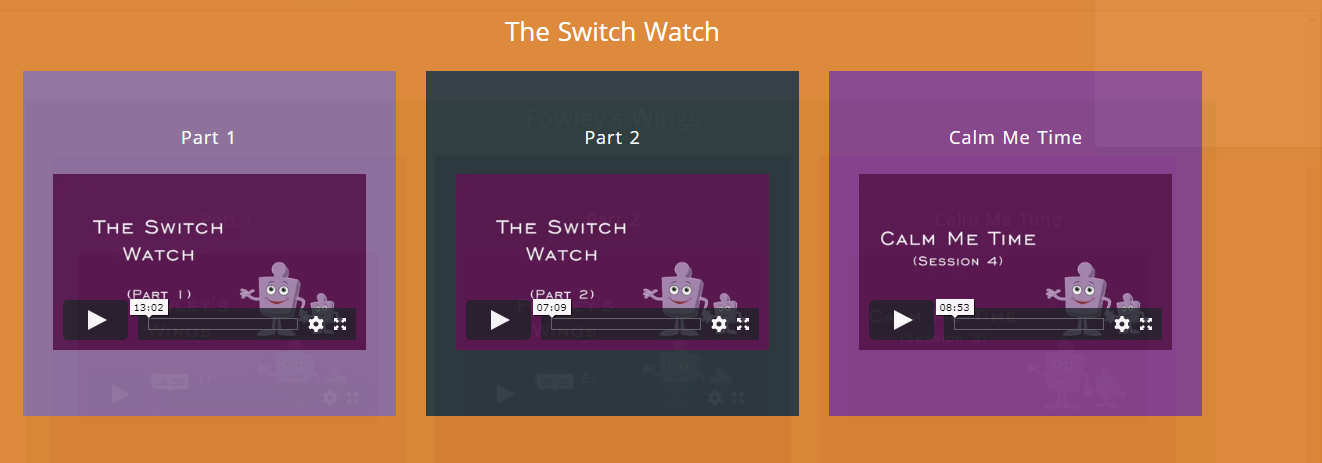
The link needed is: [https://families.jigsawpshe.com/stuck-at-home/](https://janl.maillist-manage.com/click.zc?od=2d5a885a69b60a9727c85137253e4f2dd1185630859ca1fd0&repDgs=121ab651d26624af&linkDgs=121ab651d265fa18&mrd=121ab651d2662285&m=1)

Use the password: Home

The stories are split into two parts, so after the first part you can enjoy a discussion on what you think might happen next, before playing the second part and then talk about how you thought it turned out.

We hope you enjoy the stories and the discussions that may spring from them, and find a few minutes’ peace with your children during Calm Me time, especially useful during the crisis we are facing.

[](http://families.jigsawpshe.com/stuck-at-home/)

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