



# My Jigsaw Journey



## Puzzle 4 - Healthy Me (Pieces 4-6)

Ages 10-11

Name .....

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		TINT BOX - To improve next time I...				
Piece 4	I know why some people join gangs and the risks this involves					.....
	I can suggest strategies someone could use to avoid being pressurised					.....
Piece 5	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness					.....
	I know how to help myself feel emotionally healthy and can recognise when I need help with this					.....
Piece 6	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse					.....
	can use different strategies to manage stress and pressure					.....

I don't get this at all

I'm getting there but need some help to understand

I get this and can give examples if you ask me

I missed this lesson

