



LO: I know my views are valued and can contribute to  
the Learning Charter  
I recognise how it feels to be proud of an achievement

C: Being me in my world – piece 4



# Binfield Golden rules and Extra golden rules



## Binfield's Essential Golden Rules

- Show respect to adults and peers at all times
- Treat others how we would wish to be treated, using kind hands, kind feet, and kind words with each other
- Listen carefully when other people are talking
- Walk even when we are in a hurry
- Keep the school clean, tidy and attractive
- Look after personal property
- Never settle for less than our best



# Connect us

- Play Switch. Sitting in a circle, switch places if you love animals/have a pet/like mashed potato/are wearing a shirt etc. When children are sitting randomly, ask them to face the person next to them, knees to knees and in

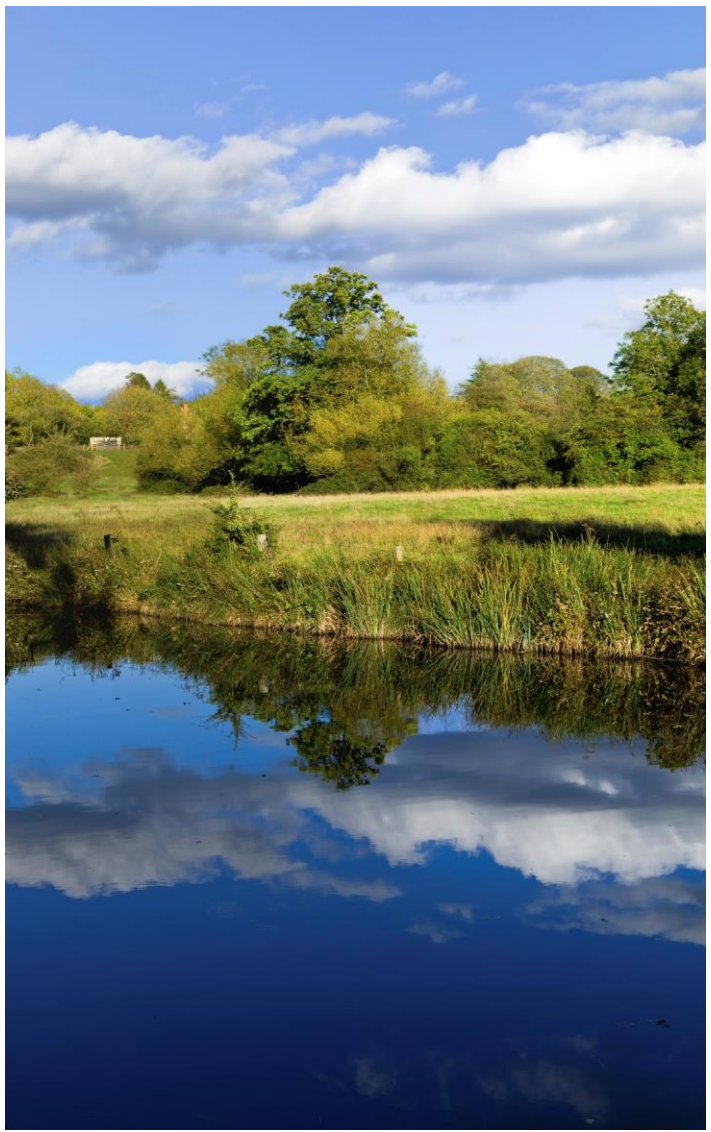


Everyone, including adults, sits in a circle. Explain to the children that at the beginning of every Jigsaw Piece we will help our minds calm down so that we are ready to learn. Share the three 'calm' pictures (slide 1) (stream, bed, desert island) with the children, and establish which picture makes them feel the most calm. Ensure all children understand what calm is and how it feels. They might like to suggest when and where they feel the most calm. Explain that to do the best learning we need calm, focussed minds, and to help us with this we will use our breathing. Tell the children that the Jigsaw Chime is the start of our Calm Me exercise.

Invite the children to put both feet on the floor to sit up straight, but relaxed, and to have hands on their tummies. They can then close their eyes or focus on the calmest picture. Gently sound the chime and ask the children to listen to it until the sound is all gone. Then ask them to follow your instructions as you take them through gentle breathing techniques: breathe in gently through your nose and let your breath sink all the way into your lungs, then gently let it out again through your mouth. Breathe in gently and out gently. Can you feel your tummy rise as you breathe in and go back again as you breathe out? Repeat this a number of times, encouraging the children to feel more calm with each out breath. Gently sound the chime again and invite the children to listen until the sound is all gone, and then to open their eyes and use their calm mind to help them learn.

Teacher reinforces how good it feels to be calm and quiet.

To look at during calm me



Show the class the picture of children learning well together.

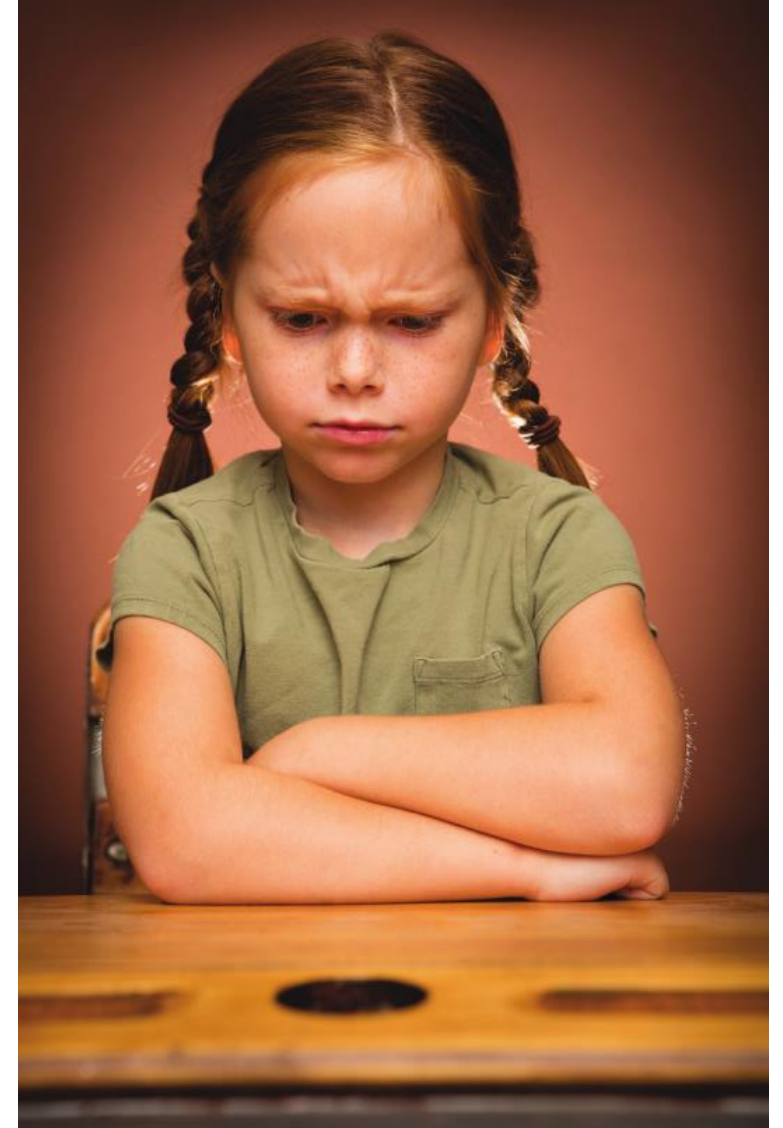
Ask the children to show a happy face, then ask them to show a sad face, then ask them to show a proud face and then a disappointed face, or an upset face.







Ask the children to identify which children are proud and why.  
Can they think of any times when they have felt proud of an achievement?





**Task:** On your golden ticket, write one thing you can do that you are proud of.

A golden ticket template with a scalloped edge and a diagonal white stripe. It contains the text 'I feel proud when' and three horizontal lines for writing.

**I feel proud when**

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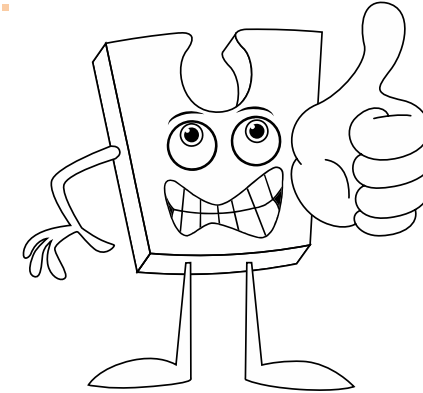
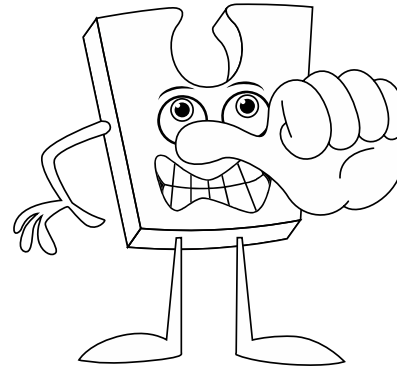
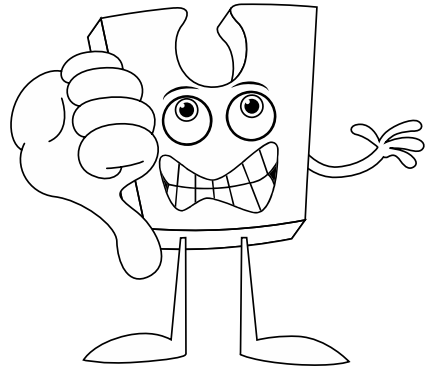
My Jigsaw Learning

Being Me in My World - Piece 4

Ages 5-6

Name .....

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