

RELATIONSHIPS

Jigsaw Jaz's Journey

How can I build positive, healthy relationships?



jealousy
love
attraction

vulnerable
insecure
lonely
acceptance

I will learn about...

- jealousy in relationships and how to manage it
- identifying and expressing who I love and why they are special to me
- feelings about people I no longer see
- how friendships can change
- ways to make new friends
- managing fall outs with friends
- boyfriend and girlfriend relationships

I will explore...

- a range of feelings linked to jealousy
- how someone might feel when they lose something or someone
- different ways to remember people we may not see anymore
- strategies for standing up for myself
- how to negotiate and compromise with others
- what love is and what it means to be loved by others

loss
sadness
pain
depression
anger
denial

conflict
negotiate
compromise
support

critical thinking
reality

RELATIONSHIPS

Jigsaw Jaz's Journey

Can you share a solution that might help a person manage a personal loss?

My Thinking Pad

What have I learnt in this puzzle that helps me to build positive, healthy relationships?

I can show love towards people I care about by...

People can experience a range of feelings such as

when they miss something or someone.

It might help to...

Can you give a reason why some people may experience a range of feelings associated with personal loss?

Can you evaluate how useful the Solve It Technique may or may not be?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

When could you use the Safety STAR?

