



L.O. I understand that there are different perceptions about what normal means.

L.O. I can empathise with people who are different.



Jigsaw
Calm me

Close your eyes and place your hands on your tummy, ready to calm your mind ready to learn.



Calm me script to read to the class

I invite you to sit back in your chair, to adopt a dignified posture with a straight back and relaxed shoulders.

Close your eyes if you are comfortable to do so and start to focus your mind by directing your attention to your breathing as you breathe in through your nose and out through your mouth.

Your breaths are slightly deeper than usual and now you are helping your mind to focus on the air coming in and out of your body.

When I sound the Jigsaw Chime, allow yourself to listen to the sound until you can no longer hear it, and then re-direct your attention to your breathing.

Breathing in through your nose and silently counting to 4...1..2..3..4

Breathing out through your mouth and silently counting to 6...1..2..3..4..5..6

Do this a few times without me talking and become aware of the cycle of the breath, like a circle coming in through your nose, travelling to the lungs and then following the outward path to be breathed out through your mouth.

You may like to practise pausing your breath at the moment the in-breath wants to turn around and become the out-breath.

(Give children a minute or 2 to practise one of these breathing techniques to help them experience being able to choose how they direct their mind's attention)

When I sound the chime again, please gently bring your attention back into the room. It may help to wiggle your fingers and toes before gently opening your eyes.

(Sound chime and give plenty of time for 're-entry')



Open my mind

Copy and complete the following sentence in your book:

Being normal is.....



Open my mind

I am going to read out 10 statements. Stand up if you think it is 'normal', stay sitting if you think it is 'not normal':

1. To go to work at the age of 10.
2. To be frightened of the dark.
3. To get at least 50 'likes' for anything posted on the internet.
4. To wear glasses.
5. To want to have friends.



Open my mind

6. Boys being good at drama and dance.
7. To want to walk to school.
8. To spend at least 2 hours every day on a mobile phone or social media.
9. To eat dinner with your family around a table.
10. To have two legs.



Open my mind

Normal is what you are used to/what you expect. For example, some children abroad in the developing world, do work from the age of 10, and some children do spend less than 2 hours a day on social media!

Look back at the definition that you wrote – do you need to change it?



Tell me or show me

Sometimes peoples perceptions of what is normal can cause them to be prejudiced.

What do the terms prejudice and discrimination mean?

Have your whiteboards at the ready to answer the following quiz questions!



Quiz questions (and answers) True or false?

1) In the second World War, around six million Jewish people died in Europe.



1) In the second World War, around six million Jewish people died in Europe.

(Answer: True - it is estimated 2/3 of the Jewish population in Europe died. This is because the Nazi's believed that Jewish people (and other races and lifestyles too) were second-rate and should be wiped out. It became 'normal' for people in Germany during the second world war to discriminate against Jewish people. Many Germans did not want to go along with this but the Nazi's were terrifying so many went along with it to stay out of trouble.)



2) Most black people worked as slaves in America and England in the early 1800's.



2) Most black people worked as slaves in America and England in the early 1800's.

(Answer: True - both America and England were involved in the slave trade which meant they captured Africans and transported them to work as slaves in their countries. It became 'normal' to see black people working as slaves and having no rights in these countries. Some people did not agree with this and eventually the laws were changed to give slaves their freedom. Civil rights were only granted to black people in America in 1968 so it took many years for this to happen.)



3) All the countries of the World have laws that allow gay people to get married.



3) All the countries of the World have laws that allow gay people to get married.

(Answer: False - some countries have made gay marriages legal but there are others that choose not to give these rights. This is because gay people in these countries are not seen as 'normal'.)



4) More boys than girls go to school in Pakistan.



4) More boys than girls go to school in Pakistan.

(Answer: True - More boys go to school. Although primary school is compulsory in Pakistan, only 60% of boys go and 40% of girls. Fewer girls go to school because it is considered 'normal' that education is important for boys but not for girls, although this is changing. Malala Yousafzai is strong campaigner for girls' education in Pakistan and she won the Nobel Peace Prize for her actions.)



5) Women were allowed to vote in England before 1918.



5) Women were allowed to vote in England before 1918.

(Answer: False - women were only given the right to vote (and not all women) in 1918. Before that it was only men that could vote. It was 'normal' to think that women did not have the intelligence to make sensible voting decisions. It took another 10 years until women had equal voting rights to men in 1928. Campaigners called suffragettes helped change this. There are still some countries where women cannot vote.)



6) More young people belong to a gang than those that don't.



6) More young people belong to a gang than those that don't.

(Answer: False - there are many more young people who do not get involved in gangs compared to those that do, but sometimes things in the media, social -media and our own perceptions/beliefs and what we hear from others makes us believe that it could be the other way around and that it is a 'normal' thing to be in a gang.)



7) The Paralympic games have been taking place for over 100 years.



7) The Paralympic games have been taking place for over 100 years.

(Answer: False - the first official Paralympics took place in 1960, but there were other smaller competitions before this date. Before 1960 it was 'normal' for only able-bodied athletes to compete in an Olympic event.)





Pause point

Remember, when we see Jigsaw Jerrie Cat's paws, it means that it is time to stop, breathe some calming deep breaths and look inside to observe your thoughts in this present moment.



Independent task

- 1) In your book, write down one thing that this lesson has made you think about.

- 2) Write down what you feel about the word 'normal'.

