

# Jigsaw **Jem's** Journey

strategies  
mental health

How do my choices affect my health?

gangs

Healthy Me

over-the-counter

I will learn about...

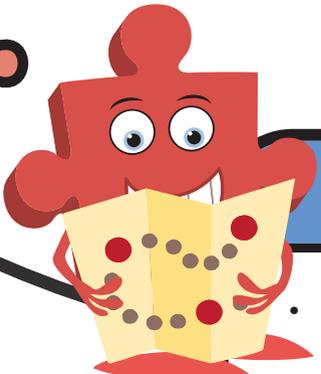
- My learning strengths
- How to set challenging but realistic goals for myself
- The learning steps I need to take to reach my goal
- How to motivate myself
- How to work with other people to make the world a better place
- How to accept praise from others

anti-social behaviour

stress



effects  
unrestricted



I will explore...

- How to stretch my own learning
- How to set success criteria
- How to recognise my own emotions
- Different situations where people may be suffering or living in a difficult situation
- How to give praise and compliments to others

vulnerable

volatile substances  
criminal

immunisation

prescribed

exploited



restricted

illegal

# Jigsaw **Jem's** Journey

What do people mean when they talk about anti-social behaviour?

Why might some people take risks with their behaviour or the things they put in their body?

What strategies help you to stay emotionally well?

## My Thinking Pad

What have I learnt in this puzzle that helps me to be mentally and physically healthy?

I can help to keep myself mentally healthy...

Misusing substances can affect someone by...

Someone may be exploited by someone else when...

Healthy Me

