



The mindful approach to PSHE

# Does Jigsaw, the mindful approach to PSHE, work?



Executive Summary

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Evaluation of the impact of

# Jigsaw

the mindful approach to PSHE

## on Primary schools

Report: September 2016

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# Executive summary

## Introduction

Jigsaw is a comprehensive PSHE programme underpinned by mindfulness philosophy and practice, available for primary schools to purchase and use to teach PSHE across the whole school.

## Aims of the research

This research aimed to investigate the impacts of teaching with Jigsaw on those schools that have currently purchased the programme. The research questions this evaluation aimed to address were:

1. In what ways do teachers perceive the Jigsaw programme to impact upon pupils, teachers and the school?
2. In what ways does Jigsaw contribute to pupils' emotional literacy?

## Methods

The research employed a mixed methods approach, with an online survey of teachers, an online pupil survey, which included an emotional literacy measure, and semi structured telephone interviews with teachers. The surveys were sent to all schools using the Jigsaw programme for whom the contact details were available. This totalled 639 schools. An email (with the survey links) was sent to the main contact for Jigsaw in each school; the Jigsaw Champion, asking for them to complete the survey and to pass the survey on to two other colleagues in their school, one in KS1 and one in KS2. In addition the email requested that the pupil survey be completed by one class of pupils in a particular year group in KS2. Following the survey, teachers whom had expressed interest were contacted and asked to take part in a telephone interview. In total 10 telephone interviews were carried out.

## Key Findings

A total of 195 teachers from 101 schools completed the teacher survey. The pupil survey was completed by 812 pupils from 46 schools.

## Impacts on the school

- Increased time dedicated to PSHE - 78% of respondents felt that since using Jigsaw the time they spend teaching PSHE had either *increased significantly* or *increased a little*.
- School ethos and culture - 80% of teachers surveyed *agreed* or *strongly agreed* that Jigsaw has impacted positively on their school's ethos and culture.

- Ofsted outcomes - 54% of respondents felt that Jigsaw contributed to all three Ofsted outcomes related to pastoral care.

## Impacts on teachers

- Confidence - Interviewees talked about an increase in their own, and their colleagues' confidence to teach PSHE when using Jigsaw. This was particularly commented on in relation to teaching topics often seen as sensitive.
- Relationship with class - Comments from teachers often related to feeling closer to pupils in their class after teaching Jigsaw. Moreover 80% of survey respondents *agreed* or *strongly agreed* that using Jigsaw positively affects the relationship they have with their class.
- Mindfulness - 80% of respondents *agreed* or *strongly agreed* that since using the Jigsaw programme their awareness of mindfulness has increased.

## Impacts on pupils

- Emotional literacy - pupils' scores in the emotional literacy measure were above expectations (compared to a standardised sample). Teachers interviewed were able to give a number of examples of how they felt emotional literacy has developed in their pupils, for example pupils dealing better with anger, stress and being more open to discussing issues affecting their lives.

## Key areas for improvement

- Simplification/streamlining of resources and outcome/assessment measures. A number of teachers commented that suggested activities, lesson plans and assessments could sometimes be too time consuming and difficult to fit into a single lesson. Materials could be streamlined or time indicators added to activities.

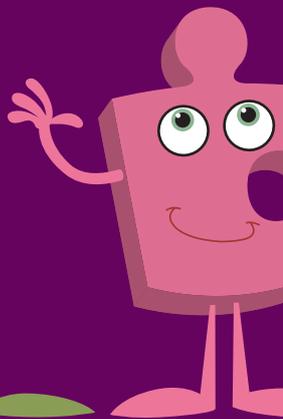
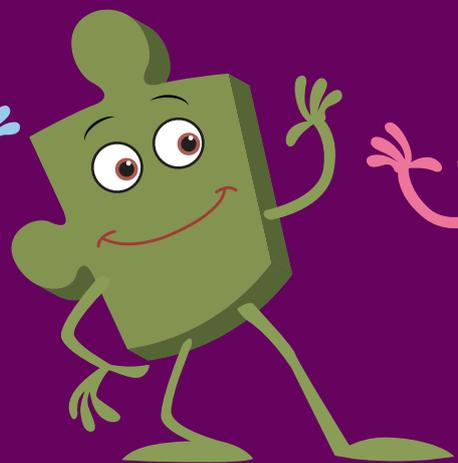
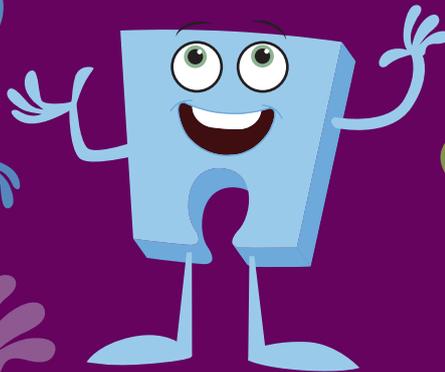
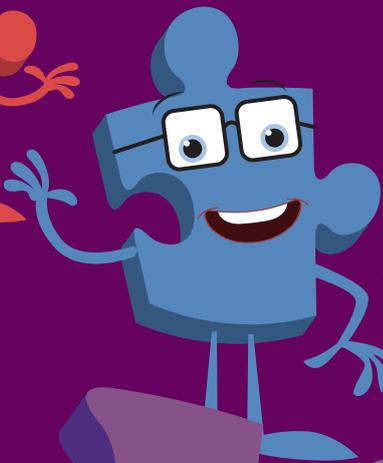
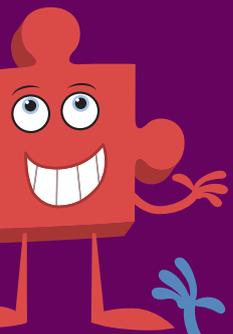
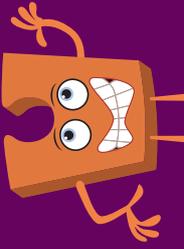
- Awareness raising. Not all teachers appeared to be aware of the full range of resources, materials and training available to them. Teachers could be better informed of the full Jigsaw offer available, including for example: training, and updated or different versions of materials, including online resources.

For more information and/or a copy of the Full Report please contact  
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Society**

# Jigsaw!®

The mindful approach to PSHE



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