

# Jigsaw Jenie's Journey

jobs

Relationships

How can I build positive, healthy relationships?

relationships

I will learn about...

- My family and some of the jobs that I do
- How to make friends
- How it feels to be a friend and make a friend
- What to do if I feel lonely
- How to solve problems and stay friends
- The impact of unkind words
- How to use Calm Me time to manage my feelings
- How to be a good friend

upset

Calm Me



feelings

family

friends

What can you see?

lonely

argue

angry

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