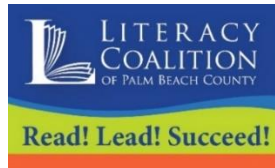


READ and THINK before you ACT.



Leading through Reading

READ

Calming Activities: Jigsaw Puzzles (3-5)



When you do a puzzle, create a story to go with it. Watch how the children in this book made up a story: [The JIGSAW PUZZLE](#)

Puzzles are good for your mind in more ways than one. Solving jigsaw puzzles requires both logical skills and creativity. A neurotransmitter, dopamine, is produced in our body when we are when doing puzzles. Dopamine assists in our ability to concentrate and to be optimistic. It gives us increased confidence and increased memory.

The history of jigsaw puzzles is interesting. A mapmaker mounted one of his maps onto wood in 1762. He cut around the countries to make pieces. He gave it to a local school to help children learn geography. Cardboard puzzles started to be made in the late 1800s. During the Great Depression (1929-1932), jigsaw puzzles became very popular.

The Great Depression was a time when there were many problems with money in our country. The stock market had crashed. Taxes were high. Many people (25-30 %) had lost their jobs. Many people became homeless and poor. Puzzles were cheap, recyclable, long lasting entertainment. The manufacturing of puzzles provided needed employment.

THINK

Watch this [Puzzling Pastime](#) story from CBS Sunday Morning.



How do you think doing a jigsaw puzzle can be helpful during this time in your life? Is there a jigsaw puzzle around your house? Do you think it could be helpful for others in your family too?

ACT

Make your Own 9 Piece Puzzle

1. Ask your parents for a photograph that they do not want to keep. Substitution: If there is not a photograph, find a piece of construction or heavy paper or light cardboard. Using marker or crayons, draw a picture on the paper or cardboard. Be sure to fill the paper or piece of cardboard from side to side with your drawing.
2. Gather as many of these supplies as you can: Photograph (or your drawing), scissors, glue, and a plastic sandwich bag.
-If using a photograph, also look for a piece of light cardboard. Cut the piece of cardboard to the size of the photo. Glue your photograph to the cardboard and allow to dry.
3. Divide the photo into thirds with scissors by cutting three zig zag lines from the left side of the photo (or drawing) to the right side to create three long pieces.
4. Cut each of the three long pieces into thirds with zigzag lines to make nine pieces.
5. Put your puzzle together.
6. Take your puzzle apart and put the pieces into the sandwich bag.
7. Share your puzzle with others in the family.



↓ Cutting zig zag lines ↑



↓ Putting your puzzle together ↓



Try an online puzzle at [Jigsaw Explorer](#) (If needed, see Step-by-Step instructions on Plan 25 or 26)

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org