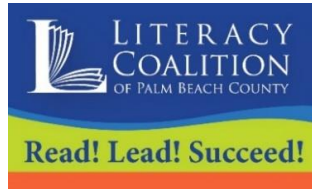


READ and THINK before you ACT.



Leading through Reading

READ

Calming Activities: Jigsaw Puzzles (6-8)

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. Puzzles are good for your mind in more than one way.



The history of jigsaw puzzles is interesting. A mapmaker mounted one of his master maps onto wood in 1762. He cut it around the countries. He called it a dissection. 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.

Read more about jigsaw puzzles with these resources: [Jigsaw Puzzle Facts for Kids](#) and [Benefits of Puzzles](#)

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

THINK

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



ACT Try to find a jigsaw puzzle around your home. If you find one, put it together! Then, go to [Jigsaw Explorer](#)

- Close the ad at the bottom of the page. (Click on the “X”)
- Select/click-on the puzzle picture you like.
- Click-on “Play this Puzzle”
- Click-on the square pattern and “OK”
- Click-on the number of pieces. Start with a low number and then work your way up.
- Close the OK box and the ad at the bottom of the page.
- Put your arrow over a piece of the puzzle and hold the left side of your mouse down. Move the arrow and the piece moves too! Move the pieces around to put the puzzle together.



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