



Healthy Minds

Jigsaw

ELSA Level: Level 4/5
Activity: 4 part jigsaw
Time: 1.5 hours
Materials: Canadian Snapshots: Raising the Issues, Unit 8,
Student book pages 120 – 126, Workbook page 90

Learning Outcomes:

Learners will be able to:

- Compile and compare information on various stress management techniques.
- Understand new vocabulary from context.

Suggested Approach:

- This is a four-part jigsaw with readings about different kinds of stress management strategies or techniques.
- This activity includes a reading strategy on guessing the meaning of words from context. Instructors might want to focus on this strategy for the jigsaw activity. If so, learners should be encouraged to complete the vocabulary questions which follow their part of the reading without using their dictionaries.
- The procedure for the jigsaw activity is laid out in the text on page 120.