

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF3, MW1 PSHE - H2, R2	Power How we can use our power in positive and negative ways ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12	Feelings Bingo Understanding our emotions GAME R&HE - MW2, MW3 PSHE - R1, H4	What goes in, must come out - Worms! What we put in our hearts is what comes out ACTIVITY R&HE - MW1 PSHE - H2	Guess Who? Who we are grateful for in our class and why GAME R&HE - CF1, CF2 PSHE - R9	Healthy Choices Helping Boris make good choices to keep healthy ACTIVITY R&HE - MW1, PH1 PSHE - H2	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle HS FILM R&HE - RR4, MW1 PSHE - R1, R4	Pants! Learning about appropriate and inappropriate contact WORKSHEET R&HE - BS3, BS4 PSHE - R10	Truth or Lies Differentiating between truths and lies about us ACTIVITY R&HE - MW1 PSHE - H3	Would you Rather? Game of preference GAME R&HE - CF3 PSHE - L8	Marshmallow Test Learning that there is a choice in spending and saving ACTIVITY R&HE - N/A PSHE - L7	Taking Care of Me Ways to take care of ourselves everyday ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	Who's Missing? Developing an awareness of our surroundings and the people around us ACTIVITY R&HE - CF1 PSHE - L4	The Smartest Giant in Town How can we help others? How have others helped us? STORY R&HE - CF2, CF3 PSHE - L1	Who Looks After Me? Who looks after us? How can we show them our appreciation? ACTIVITY R&HE - F1, F2, F4 PSHE - H13	Teamwork - Monsters University Working as a team to reach an end goal FILM CLIP R&HE - CF2 PSHE - L3	Helping Boris Discussing simple rules to help keep us safe online WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



<p>DON'T RUB IT IN, RUB IT OUT</p>	<p>Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle</p>	<p>Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends</p>	<p>Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear</p>	<p>Chalk faces Different ways we can handle negative emotion effectively</p>	<p>Disappointed Robots Exploring different ways to handle disappointment</p>	<p>Builders and Wreckers How the words we use can build others up or knock them down</p>	<p>Don't Rub it in, Rub it Out Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out!</p>
	<p>HS FILM R&HE - CF4, RR2 PSHE - H2</p>	<p>ACTIVITY R&HE - RR1, CF5 PSHE - R2, R4</p>	<p>ACTIVITY R&HE - CF4 PSHE - R1</p>	<p>ACTIVITY R&HE - MW2, MW3, MW4 PSHE - R6, R7</p>	<p>ACTIVITY R&HE - MW3 PSHE - H3, H4</p>	<p>ACTIVITY R&HE - MW8, RR6 PSHE - R11, R14</p>	<p>WORKSHEET R&HE - CF4, RR2 PSHE - H2</p>
<p>FAKE IS A MISTAKE</p>	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p>	<p>The Best Me Being yourself is the best you, you can be</p>	<p>Don't Hide What's Inside! Don't hide your true thoughts and feelings</p>	<p>Mask Making Thinking about who we can trust to talk to when we are sad or mad</p>	<p>Telephone Whispers How small lies can have a big impact</p>	<p>Smile! Looking at the importance of good oral hygiene and dental health</p>	<p>Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake!</p>
	<p>HS FILM R&HE - CF2 PSHE - R1</p>	<p>ACTIVITY R&HE - N/A PSHE - L8</p>	<p>ACTIVITY R&HE - CF3, F4 PSHE - R1, R5</p>	<p>ACTIVITY R&HE - CF5, BS6, BS7, BS8 PSHE - H13, H4</p>	<p>GAME R&HE - CF2 PSHE - R4, R2</p>	<p>WORKSHEET R&HE - HP4 PSHE - H1</p>	<p>WORKSHEET R&HE - CF2 PSHE - R1</p>
<p>'NO WAY THROUGH', ISN'T TRUE</p>	<p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p>	<p>Mission Possible Learning from our experiences and trying again</p>	<p>Tummy Talk Trusting our instincts. Good secrets v bad secrets</p>	<p>Seeds of Potential There is potential in all of us</p>	<p>Hearts that Dream Creating Dreamboards to capture our hopes and dreams</p>	<p>Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost</p>	<p>'No Way Through' isn't True Reflection Circle time - What we have learned</p>
	<p>HS FILM R&HE - MW2 PSHE - H3, H4</p>	<p>ACTIVITY R&HE - MW4 PSHE - H3, R7</p>	<p>ACTIVITY R&HE - BS5, BS6 PSHE - R3, H15</p>	<p>ACTIVITY R&HE - RR1 PSHE - L1, L4, H9</p>	<p>ACTIVITY R&HE - MW6 PSHE - H2</p>	<p>WORKSHEET R&HE - MW2, MW3, MW9 PSHE - H5, R1</p>	<p>WORKSHEET R&HE - MW1 PSHE - H3, H4</p>



