

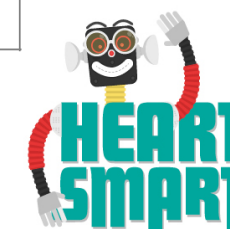
Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART HEARTSMART (Meet Boris)	Boris' Beginnings Boris the robot story- which voice should you listen to? STORY PSED-MR	Build-a-Boris Make a robot from junk ACTIVITY PSED-SC/SA	Boris Shapes Make a robot from 2D shapes. ACTIVITY PSED-SC/SA	Happy and you know it Song to demonstrate different emotions. ACTIVITY PSED-MFB	Boris Face dough Different emotions using play dough ACTIVITY PSED-MFB	Boris' Hanging Hearts Heart rewards for children who are caught being kind. ACTIVITY PSED-MR	N/A
DON'T FORGET TO LET LOVE IN! (I am special)	VIP Crowns Design and make a crown ACTIVITY PSED-SC/SA	Mirror, mirror Describe self in mirror and draw a self-portrait ACTIVITY PSED-MR	I am special because I am... Game to encourage children to think about why they are special. ACTIVITY PSED-SC/SA	I am special song Children to suggest reasons they are special ACTIVITY PSED-SC/SA	Fingerprint tree Looking at uniqueness of fingerprints ACTIVITY PSED-SC/SA	All about me ball Circle time to tell the other children about yourself ACTIVITY PSED-SC/SA	N/A
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	Who is special to me? Who loves and cares for Boris? Who do you love and care for? CIRCLE TIME PSED-MR	My house Who lives in your house? ACTIVITY PSED-SC	Catch a smile Game to encourage children to share their smiles GAME PSED-MR	Friendship web Circle time to use kind/encouraging words about one another. CIRCLE TIME PSED-MR	A friend in need Game about look out for and helping friends in need. GAME PSED-MR	Bird feeders How can we love the wildlife in our garden ACTIVITY PSED-SC	N/A



<p>DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)</p>	<p>We're all friends together Thinking about what we like to do with our friends</p> <p>GAME PSED-MR</p>	<p>Sharing Island game Game to encourage sharing and co-operation</p> <p>GAME PSED-MR</p>	<p>Robots and mechanics Listening to instructions and co-operating with one another</p> <p>GAME PSED-MR</p>	<p>I am a kind friend Game to help children find simple ways to be kind to each other.</p> <p>ACTIVITY PSEC-MR</p>	<p>I make a good friend How to be a good friend.</p> <p>ACTIVITY PSED-MR</p>	<p>Emoji emotions Encouraging children to describe how they are feeling using emotions.</p> <p>ACTIVITY PSED-MFB</p>	<p>N/A</p>
<p>FAKE IS A MISTAKE (I tell the truth)</p>	<p>Boris has... Game to demonstrate the importance of being kind and truthful.</p> <p>GAME PSED-SC/SA</p>	<p>The truth according to Arthur story Talking about the importance of telling the truth.</p> <p>STORY PSED-MFB</p>	<p>Sorting words Sorting words into kind and unkind</p> <p>ACTIVITY PSED-MFB</p>	<p>Animal Game- thankful to be me Pretending to be something else is fun but being me is better.</p> <p>ACTIVITY PSED-MFB</p>	<p>Thankful Walk Walk around the school to spot things children are thankful for.</p> <p>ACTIVITY PSED-SC/SA</p>	<p>In my house Circle time to celebrate the different things we do with are families.</p> <p>ACTIVITY PSED-SC/SA</p>	<p>N/A</p>
<p>'NO WAY THROUGH', ISN'T TRUE (I can do it)</p>	<p>Nuts and bolts Challenge the children to match the correct nuts to the correct bolts</p> <p>ACTIVITY PSED-SC/SA</p>	<p>With my...I can Describing different things that the children can do with there amazing body</p> <p>CIRCLE TIME PSED-SC/SA</p>	<p>We're going on a bear hunt Interactive retelling of the story.</p> <p>ACTIVITY PSED-MFB</p>	<p>Incy Wincy Spider Learning perseverance from incy wincy spider.</p> <p>ACTIVITY PSED-MFB</p>	<p>Road blocks Moving cars around the mat by adhering to the road signs.</p> <p>ACTIVITY PSED-SC/SA</p>	<p>Cup stack challenge Challenge to see how many cups the children can stack before they collapse.</p> <p>ACTIVITY PSED-SC/SA</p>	<p>N/A</p>



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART (Meet boris)	My HeartSmart Tool-belt Looking at Boris' special tools to learn what it means to be HeartSmart ACTIVITY PSED-SC/SA	Becoming Boris Using junk materials to dress up as Boris ACTIVITY PSED-MR	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox GAME PSED-MR	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling ACTIVITY PSED-MFB	My heart is full Talking about the things we love and how they make us feel. ACTIVITY PSED-MFB	Heart hunt Looking for hidden hearts GAME PSED-MR	N/A
DON'T FORGET TO LET LOVE IN! (I am special)	I am loved! Learning that each one of us is loved, special and important CIRCLE TIME PSED-SC/SA	My favourite things Thinking about our favourite things and how they are all different. ACTIVITY PSED-SC/SA	My Heart Talking about how we demonstrate different emotions. ACTIVITY PSED-MFB	Twinkle Twinkle Thinking about what makes our friends special. GAME PSED-MFB	Who am I? Children to find different objects they like ACTIVITY PSED-SC/SA	EYFS has talent Demonstrating our different skills and talents. ACTIVITY PSED-SC/SA	N/A
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	I love to... Discussion about who you love and what you love to do together ACTIVITY PSED-MR	Parachute families Game to demonstrate how everyone's family is different GAME PSED-MR	Sorting feelings Looking at ways people express how they are feeling and ways we can show we care ACTIVITY PSED-MFB	How do you do? Exploring ways to show care and affection for others. GAME PSED-MR	Helpful Hearts Thinking about how we show others we care when we offer our help. ACTIVITY PSED-MR	Thank you for helping me Thanking members of the school community for their help. ACTIVITY PSED-SC	N/A



<p>DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)</p>	<p>Super friends Discussing what makes a super friend.</p> <p>ACTIVITY PSED-MR</p>	<p>Musical Friends Game to show the importance of including others</p> <p>GAME PSED-MR</p>	<p>Listening ears Game to encourage children to listen to one another.</p> <p>GAME PSED-MFB</p>	<p>Soft words, Hard words Thinking about the types of words we use and how they make others feel</p> <p>ACTIVITY PSED-MR</p>	<p>If I met the scrap man Being kind to others even when their behaviour is unkind.</p> <p>ACTIVITY PSED-MR</p>	<p>Grumpy Frog story Exploring saying sorry through story</p> <p>STORY PSED-MFB</p>	<p>N/A</p>
<p>FAKE IS A MISTAKE (I tell the truth)</p>	<p>Boris and the scrapman's lies Children to differentiate between lies and truth</p> <p>ACTIVITY PSED-MFB</p>	<p>Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words.</p> <p>ACTIVITY PSED-MFB</p>	<p>How Rabbit got his long Ears Story to explore the importance of telling the truth</p> <p>STORY PSED-MR</p>	<p>Hat Games Pretending to be someone else is fun but being me is better.</p> <p>ACTIVITY PSED-SC/SA</p>	<p>Thankful Heart Circle time to think about what the children are thankful for.</p> <p>CIRCLE TIME PSED-SC/SA</p>	<p>Tell me about you Sharing and celebrating differences in our home and families.</p> <p>SHOW AND TELL PSED-SC/SA</p>	<p>N/A</p>
<p>'NO WAY THROUGH', ISN'T TRUE (I can do it!)</p>	<p>Boris in the kitchen Considering how we can move forward from mistakes we make.</p> <p>DISCUSSION PSED-SC/SA</p>	<p>I can challenge Series of challenges for children to practice and complete</p> <p>ACTIVITY PSED-SC/SA</p>	<p>Stuck! Circle time to consider what to do when the children are stuck</p> <p>CIRCLE TIME PSED-SC/SA</p>	<p>When I grow up Game and discussion around what children want to do when they grow up</p> <p>GAME PSED-SC/SA</p>	<p>Magnetic Maze Activity to demonstrate persevering to find a way through</p> <p>ACTIVITY PSED-SC/SA</p>	<p>Changing Caterpillars Considering change through the life cycle of a caterpillar.</p> <p>ACTIVITY PSED-SC</p>	<p>N/A</p>

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 HOLD ON TO WHAT'S WRONG</p>	<p>Lesson 1 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>Reflection Circle time - What we have learned about</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>



YEAR 2

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 Plus Describing how we can use our power in positive and negative ways ACTIVITY R&HE - CF3 PSHE - L1	Heart Decisions Considering the reputations we would like to have ACTIVITY R&HE - CF2, MW4 PSHE - H2	Bright Hearts What is in our hearts, is played out in our words and actions ACTIVITY R&HE - MW3, MW4 PSHE - H2	Love Map Identifying special people and how they show us love WORKSHEET R&HE - F1, F3 PSHE - R9	Boris Face Plate Creating a robot face from healthy foods ACTIVITY R&HE - HE2, HE3 PSHE - H1	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	I am cubes Recognising and celebrating our strengths and ways in which we are all unique WORKSHEET R&HE - RR4 PSHE - H3	Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves ACTIVITY R&HE - RR4, RR5 PSHE - L3	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you ACTIVITY R&HE - N/A PSHE - L8	Boundin Discussion around how being thankful for what we have, changes our attitude FILM CLIP R&HE - MW6 PSHE - H3	Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	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	Spot the Difference Be aware of surroundings and the people around you ACTIVITY R&HE - CF1 PSHE - L4	Secret Kindness Agents Looking for opportunities to do something kind for others ACTIVITY R&HE - CF3, RR2 PSHE - R4	Everyday Heroes Thinking about people who look after us in our community ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	We all Fit Together Looking at how are we the same and how we are different ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	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



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H2	That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends FILM CLIP R&HE - CF4 PSHE - R6	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel ACTIVITY R&HE - MW3, MW4 PSHE - H4	Let the Ouch Out Reflecting on helpful ways to deal with hurt WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	Traffic Lights Ways to handle negative emotion ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	Crumpled Hearts Demonstrating the consequences of teasing or bullying ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14	Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out! WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R1	Grains of Sand There never has and never will be another one of me ACTIVITY R&HE - N/A PSHE - L8	The Truth about Me Not all the thoughts we have about ourselves are true DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	Real is a Big Deal Discussing how different emotions feel WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	Nice to Meet You! Looking at ways to be polite when meeting others GAME R&HE - RR3 PSHE - R8	Sun Safe! Thinking of ways to stay safe in the sun ACTIVITY R&HE - HP2 PSHE - H1	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H3, H4	Road signs Finding alternative solutions to problems ACTIVITY R&HE - MW2 PSHE - H3	Ways to Say Looking at seemingly impossible situations in different ways ACTIVITY R&HE - MW2, MW4 PSHE - H4	Rainbows from Rain Overcoming challenges and difficulties ACTIVITY R&HE - MW2, MW3 PSHE - H3	Imagine a Bright Future Imagining 'What if...' in a positive way ACTIVITY R&HE - MW1 PSHE - H1, H2	Energy Detectives Looking for signs of energy and thinking about ways to conserve it ACTIVITY R&HE - N/A PSHE - L1, L5	'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H3, H4



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 - CF1, CF3, MW1 PSHE - H2,R2	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another ACTIVITY R&HE - CF1, CF2 PSHE - R2	Inside Out Recalling memories and associating a feeling with them FILM CLIP R&HE - MW3, MW4 PSHE - H7	Guard your Heart Thinking about things we need to guard our hearts from GAME R&HE - CF5 PSHE - R3	My squad Listing the people in our lives we are grateful for WORKSHEET R&HE - F1, CF1 PSHE - R4	Full or Empty? Thinking of the benefits of living a healthy lifestyle WORKSHEET R&HE - PH1, PH3, PH4	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 PSHE - H1, R2
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 - H1, R2	Wear it with pride Learning to accept the encouragement given to us by others ACTIVITY R&HE - CF1, CF3 PSHE - L8	Love is... Considering what love is and what it isn't WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4	Moana Comparing 'Te Fiti' before and after she 'let love in' FILM CLIP R&HE -MW2, MW4, MW7 PSHE - R1	Growing gratitude Listing things we are grateful for and why ACTIVITY R&HE - RR3 PSHE - H1	Love yourself Making good choices to keep our hearts healthy ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
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	Flip your phone How can you be #unselfie and doing something kind for others? WORKSHEET R&HE - CF3, RR2 PSHE - R7	What's your emergency? How to respond in an emergency ACTIVITY R&HE - BFA1 PSHE - H15	Elizabeth Everest Honouring others for their kindness ACTIVITY R&HE - RR5 PSHE - R7	No man is an island Working together, listening to one another and respecting other's views GAME R&HE -CF2, CF3 PSHE - L8	Padlocked Privacy Discussing why it is important to keep personal information private WORKSHEET R&HE - OR3, OR5 PSHE - H22	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Magic water Demonstrating the effects of saying sorry DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R7, R12	Play it out Considering different ways to respond to scenarios WORKSHEET R&HE - CF4 PSHE - R2	Balloon Blast Demonstrating the benefits of letting go of hurt ACTIVITY R&HE - CF4, MW2 PSHE - R12	Marble Jar Discussion around how trust is built and betrayed FILM CLIP R&HE - CF2, CF5 PSHE - R3	Who am I? Recognising and challenging stereotypes WORKSHEET R&HE - RR7 PSHE - R16	Reflection What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	Spot the Difference The real me is the best me ACTIVITY R&HE - OR1, ISH6 PSHE - R7	Shame Detectives Spotting shame and replacing it with truth WORKSHEET R&HE - CF3, MW2 PSHE - H1, H6	Circle of Trust Thinking about appropriate and inappropriate contact WORKSHEET R&HE - BS3, BS5 PSHE - H1	Build on Truth Importance of truth to build strong friendships DISCUSSION R&HE - CF2 PSHE - R2, R3, R7	Allergy Allies! Learning the facts and science about allergies DISCUSSION R&HE - HP6	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes) ACTIVITY R&HE - MW3, MW4 PSHE - H5, H7	Get Back Up Importance of getting back up and trying again DISCUSSION R&HE - MW1 PSHE - H7	I can help! Learning how to respond to emergency first aid situations ACTIVITY R&HE - BFA2 PSHE - H15	Dream Attitudes Developing the right attitudes to achieve our dreams WORKSHEET R&HE - MW1 PSHE - H5, H7	Embracing Change How to manage change well ACTIVITY R&HE - MW2, MW3, MW4 PSHE - H7, H8	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7



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 - CF1, CF3, MW1 PSHE - H2,R2	Words have power Demonstrating consequences of the words we use about ourselves and others ACTIVITY R&HE - MW8, RR5, RR6 PSHE - R7	Reap what you sow Suggesting ways we can grow a desired characteristic e.g. kindness ACTIVITY R&HE - CF2 PSHE - R11	Wily wolf Thinking about and discussing how we know who we can trust DISCUSSION R&HE - BS1, BS5 PSHE - R21, H23	Family Recipe Thinking about the characteristics that make a healthy family life ACTIVITY R&HE - F2 PSHE - R4	Healthy Minds Recognising what positively and negatively affects our mental health WORKSHEET R&HE - MW1, MW10 PSHE - H1, H14	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
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 - H1, R2	Heart to heart Looking at ways we feel loved ACTIVITY R&HE - F1, F3, F4 PSHE - R2	Brilliant me ball Celebrating our strengths and achievements ACTIVITY R&HE - RR4 PSHE - H5	One in a million Comparing measurements to determine our uniqueness ACTIVITY R&HE - N/A PSHE - H5	Don't agree with I don't like me Highlighting things about our bodies we are grateful for ACTIVITY R&HE - MW4 PSHE - H1	Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing ACTIVITY R&HE - HP5 PSHE - H12	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
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	What's missing? Being aware of surroundings and people around you GAME R&HE - CF1 PSHE - L7, H23	Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language ACTIVITY R&HE - MW2, MW3 PSHE - R1	Unseen heroes Thinking about and thanking the unseen heroes of our local community ACTIVITY R&HE - RR5, BS8 PSHE - H23	Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal GAME R&HE - CF2, CF3 PSHE - R11, R12	True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly WORKSHEET R&HE - ISH2, ISH7 PSHE - H24	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	<p>Lesson 1 Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&HE - CF4, RR2 PSHE - H1</p>	<p>Saying sorry Discussing ways to fix broken friendships</p> <p>DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R12</p>	<p>Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others</p> <p>DISCUSSION R&HE - CF4, MW3 PSHE - H1</p>	<p>Good stress, bad stress Talking about different types of stress and ways to manage negative stress</p> <p>ACTIVITY R&HE - MW5, MW9 PSHE - H6</p>	<p>Boundaries Learning about personal boundaries</p> <p>DISCUSSION R&HE - RR8, BS1 PSHE - R21</p>	<p>Be Kind Online Recognising and dealing with online abuse</p> <p>WORKSHEET R&HE - ISH1, ISH5, ISH7 PSHE - R18</p>	<p>Reflection What we have learned about</p> <p>WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7</p>
FAKE IS A MISTAKE	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&HE - CF2 PSHE - R2</p>	<p>Human BEings not DOings Celebrating one another for who we are not what we do</p> <p>ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5</p>	<p>Voice of Love Who speaks into our lives and are they using the voice of love?</p> <p>WORKSHEET R&HE - F2, CF3 PSHE - H1, R10</p>	<p>Speak Truth Having the courage to tell the truth isn't always easy</p> <p>STORY R&HE - CF5 PSHE - R2, H13</p>	<p>Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares</p> <p>ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10</p>	<p>Risky Business Learning the facts and risks associated with smoking</p> <p>ACTIVITY R&HE - DAT1 PSHE - H17</p>	<p>Fake is a Mistake Reflection What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&HE - CF2 PSHE - R2</p>
'NO WAY THROUGH', ISN'T TRUE	<p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p> <p>HS FILM R&HE - MW2 PSHE - H6, H7</p>	<p>Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge</p> <p>ACTIVITY R&HE - MW3, MW4 PSHE - H7</p>	<p>Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals</p> <p>WORKSHEET R&HE - MW4, MW5 PSHE - H16</p>	<p>Just Keep Swimming How to persevere and hold onto hope</p> <p>FILM CLIP R&HE - MW3, MW4 PSHE - H7, R2</p>	<p>Dreamers Dreaming of the future</p> <p>ACTIVITY R&HE - N/A PSHE - H5</p>	<p>Changing Me! Key facts about the changes that take place in puberty between 9 - 11</p> <p>WORKSHEET R&HE - CAB1 PSHE - H8, H13</p>	<p>'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&HE - MW2 PSHE - H6, H7</p>



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 - CF1, CF3, MW1 PSHE - H2,R2	Boss v Leader Considering how powerful people lead others ACTIVITY R&HE - RR1, BS4 PSHE - L6	Lion Heart Describing the heart reputation we would like ACTIVITY R&HE - CF2, RR1 PSHE - H5	Watch What You Watch Watch Discussing how to know what we should and shouldn't watch WORKSHEET R&HE - ISH2, ISH4 PSHE - H2	Letter of Thanks Writing letters of thanks to people who support and encourage us ACTIVITY R&HE - F1, F2, F4 PSHE - R4	Sleep Well Thinking about the importance of good quality sleep for health DISCUSSION R&HE - HP3 PSHE - H2	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
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 - H1, R2	Gunner Making the connection between Gunner's story and Don't Forget to Let Love In! ACTIVITY R&HE - CF2 PSHE - R11	Make the Right Voice Choice Considering the way the words we listen to about ourselves make us feel ACTIVITY R&HE - F6, CF5, MW1 PSHE - H1	Under Pressure Thinking about different sources of pressure, including from our friends, and ways we can respond ACTIVITY R&HE - BS5, BS8 PSHE - H13, H14	Allocating Resources Recognising that resources can be allocated in different ways and these choices affect others ACTIVITY R&HE - N/A PSHE - L15	Help! Who to go to for help and how to keep asking until help is given ACTIVITY R&HE - BS6, BS7, BS8 PSHE - H23	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
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	When I'm Feeling Lonely... What we can do when we feel lonely ACTIVITY R&HE - MW7, OR4 PSHE - H1	Read My Lips Listening to what others say GAME R&HE - RR1, RR2 PSHE - R10	Honour Thinking of people who deserve honour and suggesting ways to honour them ACTIVITY R&HE - RR5 PSHE - L9, L11	Great Groups to investigate the purpose and role of different groups (inc. pressure groups) ACTIVITY R&HE - N/A PSHE - L10	Be Aware What You Share Developing an awareness of what you should and shouldn't share online ACTIVITY R&HE - OR1, OR4, ISH3 PSHE - H25	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	<p>Don't Hold on to What's Wrong! Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&HE - CF4, RR2 PSHE - H1</p>	<p>Different Perspective Developing simple strategies to resolve conflict</p> <p>ACTIVITY R&HE - CF4, RR2 PSHE - R7, R12, L8</p>	<p>Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness</p> <p>DISCUSSION R&HE - MW1 PSHE - R2</p>	<p>Emotions don't drive! How to handle our emotions</p> <p>ACTIVITY R&HE - MW2, MW3 PSHE - H6</p>	<p>I did not I am Discussing how we respond to our own mistakes</p> <p>DISCUSSION R&HE - MW3 PSHE - H1</p>	<p>Bully Busting Recognise bullying in all its forms and thinking about strategies to deal with bullying</p> <p>WORKSHEET R&HE - RR6, MW8 PSHE - R18</p>	<p>Reflection What we have learned about</p> <p>WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7</p>
FAKE IS A MISTAKE	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&HE - CF2 PSHE - R2</p>	<p>Time To Get Real How images we see online and in the media don't always represent reality</p> <p>DISCUSSION R&HE - OR1, OR4, ISH6 PSHE - H4, L17, L18</p>	<p>No Need to Hide What's Inside Exploring how shame can make us want to hide how we really feel</p> <p>ACTIVITY R&HE - CF3, MW2, MW3 PSHE - H7, H14, R9</p>	<p>Soft Shells Knowing who we can trust to be vulnerable and open with</p> <p>FILM CLIP R&HE - CF2, BS1, BS8 PSHE - R2, R21</p>	<p>Hearts that Welcome Feedback How feedback can help us grow</p> <p>ACTIVITY R&HE - CF1, CF3 PSHE - R1, R7, R12</p>	<p>Decisions, Decisions! Finding out about the risks associated with alcohol for young people</p> <p>ACTIVITY R&HE - DAT1 PSHE - H17</p>	<p>Fake is a Mistake Reflection What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&HE - CF2 PSHE - R2</p>
'NO WAY THROUGH', ISN'T TRUE	<p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p> <p>HS FILM R&HE - MW2 PSHE - H6, H7</p>	<p>Egg in the Flask Demonstrating that 'No Way Through' isn't True!</p> <p>ACTIVITY R&HE - MW4 PSHE - H7</p>	<p>Success isn't always what you see How the successes we achieve on the inside can often be greater than those seen on the outside</p> <p>WORKSHEET R&HE - MW4 PSHE - H1, H5</p>	<p>Hope Light Looking at the power of Hope and how it can keep us going</p> <p>ACTIVITY R&HE - MW1, MW4 PSHE - H1, H5</p>	<p>Period Relay Key facts about the menstrual cycle</p> <p>WORKSHEET R&HE - CAB2 PSHE - H13</p>	<p>What am I? How to look after ourselves during puberty</p> <p>GAME R&HE - CAB1, CAB2 PSHE - H13</p>	<p>'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&HE - MW2 PSHE - H6, H7</p>



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 - CF1, CF3, MW1 PSHE - H2,R2	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful ACTIVITY R&HE - RR4, MW6 PSHE - H6	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	Secret Scenarios Recognising when it is right to keep a secret and when a secret should be shared DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	Tying the Knot Recognising the importance of commitment in marriage ACTIVITY R&HE - F5 PSHE - R5	Healthy Food, Healthy Heart Learning about the Eatwell plate and how to plan a healthy meal ACTIVITY R&HE - HE2 PSHE - H3	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
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 - H1, R2	What are you worth? Working out what we are worth ACTIVITY R&HE - RR4 PSHE - H5	People say I am Encouraging one another with kind and positive words & accepting the words spoken about us ACTIVITY R&HE - CF3 PSHE - H5	Thumbs Up Recalling significant events and people in our lives so far ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	Gratitude jar Thinking of things we are grateful for each week ACTIVITY R&HE - MW1 PSHE - H1	Signs to Spot Identifying early signs of illness ACTIVITY R&HE - HP1 PSHE - N/A	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
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	All the Same, All Different Demonstrating ways we are different and ways we are the same GAME R&HE - CF3, RR1, RR5 PSHE - L11,R13	Listen up! Practising being a good listener ACTIVITY R&HE - CF4, RR1 PSHE - R10	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from ACTIVITY R&HE - RR5 PSHE - L11	Growing together Considering ways we can be a good friend and support one another ACTIVITY R&HE - CF2, CF3 PSHE - R10	Social media - good or bad? Discussing the benefits and dangers of social media DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	<p>Don't Hold on to What's Wrong Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&HE - CF4, RR2 PSHE - H1</p>	<p>Work it Out Developing strategies to resolve conflict and disputes</p> <p>ACTIVITY R&HE - CF4, RR2 PSHE - R12</p>	<p>Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others</p> <p>DISCUSSION R&HE - MW1 PSHE - R12</p>	<p>Way to Say Exploring how our tone and body language communicates more than our words</p> <p>ACTIVITY R&HE - RR2, OR1 PSHE - R2</p>	<p>Bit by Bit Discussing how to build trust between friends</p> <p>ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21</p>	<p>Deep Impact Considering the impact of bullying</p> <p>ACTIVITY R&HE- RR6, MW8 PSHE - R14</p>	<p>Reflection What we have learned about</p> <p>WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7</p>
FAKE IS A MISTAKE	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&HE - CF2 PSHE - R2</p>	<p>This is Me! Being proud of who we are</p> <p>DISCUSSION R&HE - N/A PSHE - H6, H7, R16</p>	<p>HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk</p> <p>DISCUSSION R&HE - MW1 PSHE - H1, H6, H7</p>	<p>Boundaries for Respect Learning how to use boundaries to establish respectful friendships</p> <p>ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18</p>	<p>Vaccines - Facts vs Fake News! Finding out facts about vaccinations</p> <p>ACTIVITY R&HE - HP6, ISH6 PSHE -</p>	<p>Fix it, Find out, Fit in! Find out facts about legal and illegal substances and their risks</p> <p>ACTIVITY R&HE - DAT1 PSHE - H17</p>	<p>Fake is a Mistake Reflection What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&HE - CF2 PSHE - R2</p>
'NO WAY THROUGH', ISN'T TRUE	<p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p> <p>HS FILM R&HE - MW2 PSHE - H6, H7</p>	<p>The Bridge to Yet Demonstrating that 'No Way Through' isn't True!</p> <p>ACTIVITY R&HE - MW3 PSHE-H1, H5, H7</p>	<p>Self-awareness Thinking about how we are feeling, why we feel that way and what we need</p> <p>ACTIVITY R&HE - MW1, MW3, MW4 PSHE - H2, H16</p>	<p>Hearts Filled with Hope Looking at the power of Hope and how it can keep us going</p> <p>ACTIVITY R&HE - MW4 PSHE - H1, H7</p>	<p>Where the Magic Happens Learning to step out of our comfort zones</p> <p>ACTIVITY R&HE - MW4 PSHE - H8, H9</p>	<p>Under Construction - the teenage brain! How the brain changes during puberty</p> <p>ACTIVITY R&HE - CAB1 PSHE - H13</p>	<p>'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&HE - MW2 PSHE - H6, H7</p>



