

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	<p>Get HEARTSMART Introduction to HeartSmart Who are my 5 trusted adults?</p> <p>HS FILM R&HE - CF3, MW1 PSHE - H2,R2</p>	<p>Power Plus Describing how we can use our power in positive and negative ways</p> <p>ACTIVITY R&HE - CF3 PSHE - L1</p>	<p>Heart Decisions Considering the reputations we would like to have</p> <p>How people may feel if I don't respect their differences.</p> <p>Not like the others No difference between us The story of the lost bear two suns</p> <p>ACTIVITY R&HE - CF2, MW4 PSHE - H2</p>	<p>Bright Hearts What is in our hearts, is played out in our words and actions</p> <p>ACTIVITY R&HE - MW3, MW4 PSHE - H2</p>	<p>Love Map Identifying special people and how they show us love</p> <p>Who are my 5 trusted adults?</p> <p>WORKSHEET R&HE - F1, F3 PSHE - R9</p>	<p>Boris Face Plate Creating a robot face from healthy foods</p> <p>ACTIVITY R&HE - HE2, HE3 PSHE - H1</p>	<p>Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&HE - CF3, MW1 PSHE - R2,R4</p>
DON'T FORGET TO LET LOVE IN!	<p>Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle</p> <p>HS FILM R&HE - RR4, MW1, PSHE - R1, R4</p>	<p>I am cubes Recognising and celebrating our strengths and ways in which we are all unique</p> <p>We are different on the outside and inside</p> <p>WORKSHEET R&HE - RR4 PSHE - H3</p>	<p>Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves</p> <p>Keeping yourself safe-when is it not ok to lie?</p> <p>ACTIVITY R&HE - RR4, RR5 PSHE - L3</p>	<p>Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you</p> <p>ACTIVITY R&HE - N/A PSHE - L8</p>	<p>Boundin Discussion around how being thankful for what we have, changes our attitude</p> <p>FILM CLIP R&HE - MW6 PSHE - H3</p>	<p>Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves</p> <p>ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1</p>	<p>Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1</p>
TOO MUCH SELFIE ISN'T HEALTHY!	<p>Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle</p>	<p>Spot the Difference Be aware of surroundings and the people around you</p> <p>Respecting that everyone is different inside and outside</p> <p>Not like the others No difference between us The story of the lost bear two suns</p>	<p>Secret Kindness Agents Looking for opportunities to do something kind for others</p>	<p>Everyday Heroes Thinking about people who look after us in our community</p> <p>Who are my 5 trusted adults?</p>	<p>We all Fit Together Looking at how are we the same and how we are different</p> <p>Different families and what that looks like (include same sex and single parent families)</p> <p>The Family Book Snow Bears Always and Forever</p>	<p>HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online</p> <p>Who to tell if I am worried about something I have seen</p>	<p>Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!</p>



		The Family Book			Love And tango makes three The Prince and the Frog		
	HS FILM R&HE -CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - CF1 PSHE - L4	ACTIVITY R&HE - CF3, RR2 PSHE - R4	ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

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DON'T RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! 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 Thomas had a temper 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	Don't Rub it in, Rub it Out 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 Good and bad emotions – 5 trusted adults WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	Nice to Meet You! Looking at ways to be polite when meeting others Personal boundaries- 5 trusted adults 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 Appropriate contact Who are my 5 trusted adults? ACTIVITY R&HE - MW2, MW4 PSHE - H4	Rainbows from Rain Overcoming challenges and difficulties Who can help me during a challenge? Badgers Parting Gifts 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

