

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	<p>Get HEARTSMART Introduction to HeartSmart</p> <p>Who are my 5 trusted adults?</p> <p>HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2</p>	<p>Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another</p> <p>What sort of boundaries are appropriate in friendships with peers and others?</p> <p>ACTIVITY R&HE - CF1, CF2 PSHE - R2</p>	<p>Inside Out Recalling memories and associating a feeling with them</p> <p>How do the children recognise and support feelings of being unsafe or feeling bad about any adult?</p> <p>FILM CLIP R&HE - MW3, MW4 PSHE - H7</p>	<p>Guard your Heart Thinking about things we need to guard our hearts from</p> <p>Online relationships – How do people sometimes behave differently online?</p> <p>GAME R&HE - CF5 PSHE - R3</p>	<p>My squad Listing the people in our lives we are grateful for</p> <p>Who are my 5 trusted adults?</p> <p>WORKSHEET R&HE - F1, CF1 PSHE - R4</p>	<p>Full or Empty? Thinking of the benefits of living a healthy lifestyle</p> <p>How to keep myself safe and where to report it if I don't feel safe?</p> <p>WORKSHEET R&HE - PH1, PH3, PH4</p>	<p>Get HEARTSMART Reflection What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&HE - CF3, MW1 PSHE - H1, R2</p>
DON'T FORGET TO LET LOVE IN!	<p>Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle</p> <p>Who are my 5 trusted adults?</p> <p>HS FILM R&HE - RR4, MW1 PSHE - H1, R2</p>	<p>Wear it with pride Learning to accept the encouragement given to us by others</p> <p>Boundaries – What sorts of encouragement do we not accept? E.g. peer pressure, abuse, online bullying</p> <p>ACTIVITY R&HE - CF1, CF3 PSHE - L8</p>	<p>Love is... Considering what love is and what it isn't</p> <p>Boundaries – What sorts of boundaries are appropriate in friendships with peers and others?</p> <p>WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4</p>	<p>Moana Comparing 'Te Fiti' before and after she 'let love in'</p> <p>Being safe – How to ask for advice help for themselves and others?</p> <p>FILM CLIP R&HE - MW2, MW4, MW7 PSHE - R1</p>	<p>Growing gratitude Listing things, we are grateful for and why</p> <p>Who are my 5 trusted adults?</p> <p>ACTIVITY R&HE - RR3 PSHE - H1</p>	<p>Love yourself Making good choices to keep our hearts healthy</p> <p>How to report concerns of abuse, and the vocabulary and confidence needed to do so.</p> <p>ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3</p>	<p>Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7</p>
TOO MUCH SELFIE ISN'T HEALTHY!	<p>Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle</p> <p>Who are my 5 trusted adults?</p>	<p>Flip your phone How can you be #unselfie and doing something kind for others?</p> <p>Bullying/cyber bullying – impact of bullying</p>	<p>What's your emergency? How to respond in an emergency</p> <p>Being safe – How to report concerns of abuse?</p>	<p>Elizabeth Everest Honouring others for their kindness</p>	<p>No man is an island Working together, listening to one another and respecting other's views Equality / different types of families Snow Bears, Always and Forever, not like the others, no difference between us, the story of the lost bears</p>	<p>Padlocked Privacy Discussing why it is important to keep personal information private</p> <p>Online relationships</p>	<p>Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy!</p>



HS FILM
R&HE - CF2, CF3
PSHE - R1, R2

WORKSHEET
R&HE - CF3, RR2
PSHE - R7

ACTIVITY
R&HE - BFA1
PSHE - H15

ACTIVITY
R&HE - RR5
PSHE - R7

GAME
R&HE -CF2, CF3
PSHE - L8

WORKSHEET
R&HE - OR3, OR5
PSHE - H22

WORKSHEET
R&HE - CF2, CF3
PSHE - R1, R2

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DON'T RUB IT IN, RUB IT OUT	<p>Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle</p> <p>Who are my 5 trusted adults?</p> <p>HS FILM R&HE - CF4, RR2 PSHE - H1</p>	<p>Magic water Demonstrating the effects of saying sorry</p> <p>Bullying</p> <p>DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R7, R12</p>	<p>Play it out Considering different ways to respond to scenarios</p> <p>Being safe – How to report concerns of abuse? Where to get advice?</p> <p>WORKSHEET R&HE - CF4 PSHE - R2</p>	<p>Balloon Blast Demonstrating the benefits of letting go of hurt</p> <p>Muddles, Puddles and Sunshine SAD BOOK Badger's Parting Gifts</p> <p>Being safe – how to recognise and report feelings of being unsafe?</p> <p>ACTIVITY R&HE - CF4, MW2 PSHE - R12</p>	<p>Marble Jar Discussion around how trust is built and betrayed</p> <p>Online relationships – how to critically consider online relationships</p> <p>FILM CLIP R&HE - CF2, CF5 PSHE - R3</p>	<p>Who am I? Recognising and challenging stereotypes</p> <p>Equality / families – look at different types of families e.g. same sex parents</p> <p>And tango make 3 The Prince and the Frog</p> <p>WORKSHEET R&HE - RR7 PSHE - R16</p>	<p>Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out!</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>Who are my 5 trusted adults?</p> <p>HS FILM R&HE - CF2 PSHE - R2</p>	<p>Spot the Difference The real me is the best me</p> <p>Equality / recognising different families</p> <p>Snow Bears, Always and Forever, not like the others, no difference between us, the story of the lost bears, The Prince and the Frog</p> <p>ACTIVITY R&HE - OR1, ISH6 PSHE - R7</p>	<p>Shame Detectives Spotting shame and replacing it with truth</p> <p>Being safe – how to respond safely and appropriately to adults they encounter whom they do not know.</p> <p>WORKSHEET R&HE - CF3, MW2 PSHE - H1, H6</p>	<p>Circle of Trust Thinking about appropriate and inappropriate contact</p> <p>Who are my 5 trusted adults?</p> <p>WORKSHEET R&HE - BS3, BS5 PSHE - H1</p>	<p>Build on Truth Importance of truth to build strong friendships</p> <p>Online relationships – rules and principles for keeping safe online</p> <p>DISCUSSION R&HE - CF2 PSHE - R2, R3, R7</p>	<p>Allergy Allies! Learning the facts and science about allergies</p> <p>DISCUSSION R&HE - HP6</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>Who are my 5 trusted adults?</p>	<p>Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes)</p>	<p>Get Back Up Importance of getting back up and trying again</p>	<p>I can help! Learning how to respond to emergency first aid situations</p>	<p>Dream Attitudes Developing the right attitudes to achieve our dreams</p>	<p>Embracing Change How to manage change well</p> <p>Muddles, Puddles and Sunshine SAD BOOK</p>	<p>'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!</p> 

						Badger's Parting Gifts	
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3, MW4 PSHE - H5, H7	DISCUSSION R&HE - MW1 PSHE - H7	ACTIVITY R&HE - BFA2 PSHE - H15	WORKSHEET R&HE - MW1 PSHE - H5, H7	ACTIVITY R&HE - MW2, MW3, MW4 PSHE - H7, H8	WORKSHEET R&HE - MW2 PSHE - H6, H7