

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



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



