

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Power Plus Describing how we can use our power in positive and negative ways	Heart Decisions Considering the reputations we would like to have	Bright Hearts What is in our hearts, is played out in our words and actions	Love Map Identifying special people and how they show us love	Boris Face Plate Creating a robot face from healthy foods	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM R&HE - CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - CF3 PSHE - L1	ACTIVITY R&HE - CF2, MW4 PSHE - H2	ACTIVITY R&HE - MW3, MW4 PSHE - H2	WORKSHEET R&HE - F1, F3 PSHE - R9	ACTIVITY R&HE - HE2, HE3 PSHE - H1	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	I am cubes Recognising and celebrating our strengths and ways in which we are all unique	Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you	Boundin Discussion around how being thankful for what we have, changes our attitude	Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1, PSHE - R1, R4	WORKSHEET R&HE - RR4 PSHE - H3	ACTIVITY R&HE - RR4, RR5 PSHE - L3	ACTIVITY R&HE - N/A PSHE - L8	FILM CLIP R&HE - MW6 PSHE - H3	ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	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	Spot the Difference Be aware of surroundings and the people around you	Secret Kindness Agents Looking for opportunities to do something kind for others	Everyday Heroes Thinking about people who look after us in our community	We all Fit Together Looking at how are we the same and how we are different	HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!
	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	<p>Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&HE - CF4, RR2 PSHE - H2</p>	<p>That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends</p> <p>FILM CLIP R&HE - CF4 PSHE - R6</p>	<p>Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel</p> <p>ACTIVITY R&HE - MW3, MW4 PSHE - H4</p>	<p>Let the Ouch Out Reflecting on helpful ways to deal with hurt</p> <p>WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5</p>	<p>Traffic Lights Ways to handle negative emotion</p> <p>ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13</p>	<p>Crumpled Hearts Demonstrating the consequences of teasing or bullying</p> <p>ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14</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>WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2</p>
FAKE IS A MISTAKE	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&HE - CF2 PSHE - R1</p>	<p>Grains of Sand There never has and never will be another one of me</p> <p>ACTIVITY R&HE - N/A PSHE - L8</p>	<p>The Truth about Me Not all the thoughts we have about ourselves are true</p> <p>DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12</p>	<p>Real is a Big Deal Discussing how different emotions feel</p> <p>WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1</p>	<p>Nice to Meet You! Looking at ways to be polite when meeting others</p> <p>GAME R&HE - RR3 PSHE - R8</p>	<p>Sun Safe! Thinking of ways to stay safe in the sun</p> <p>ACTIVITY R&HE - HP2 PSHE - H1</p>	<p>Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&HE - CF2 PSHE - R1</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 - H3, H4</p>	<p>Road signs Finding alternative solutions to problems</p> <p>ACTIVITY R&HE - MW2 PSHE - H3</p>	<p>Ways to Say Looking at seemingly impossible situations in different ways</p> <p>ACTIVITY R&HE - MW2, MW4 PSHE - H4</p>	<p>Rainbows from Rain Overcoming challenges and difficulties</p> <p>ACTIVITY R&HE - MW2, MW3 PSHE - H3</p>	<p>Imagine a Bright Future Imagining 'What if...' in a positive way</p> <p>ACTIVITY R&HE - MW1 PSHE - H1, H2</p>	<p>Energy Detectives Looking for signs of energy and thinking about ways to conserve it</p> <p>ACTIVITY R&HE - N/A PSHE - L1, L5</p>	<p>'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&HE - MW2 PSHE - H3, H4</p>

