

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



