

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	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another ACTIVITY R&HE - CF1, CF2 PSHE - R2	Inside Out Recalling memories and associating a feeling with them FILM CLIP R&HE - MW3, MW4 PSHE - H7	Guard your Heart Thinking about things we need to guard our hearts from GAME R&HE - CF5 PSHE - R3	My squad Listing the people in our lives we are grateful for WORKSHEET R&HE - F1, CF1 PSHE - R4	Full or Empty? Thinking of the benefits of living a healthy lifestyle WORKSHEET R&HE - PH1, PH3, PH4	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - 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	Wear it with pride Learning to accept the encouragement given to us by others ACTIVITY R&HE - CF1, CF3 PSHE - L8	Love is... Considering what love is and what it isn't WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4	Moana Comparing 'Te Fiti' before and after she 'let love in' FILM CLIP R&HE -MW2, MW4, MW7 PSHE - R1	Growing gratitude Listing things we are grateful for and why ACTIVITY R&HE - RR3 PSHE - H1	Love yourself Making good choices to keep our hearts healthy ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3	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	Flip your phone How can you be #unselfie and doing something kind for others? WORKSHEET R&HE - CF3, RR2 PSHE - R7	What's your emergency? How to respond in an emergency ACTIVITY R&HE - BFA1 PSHE - H15	Elizabeth Everest Honouring others for their kindness ACTIVITY R&HE - RR5 PSHE - R7	No man is an island Working together, listening to one another and respecting other's views GAME R&HE -CF2, CF3 PSHE - L8	Padlocked Privacy Discussing why it is important to keep personal information private WORKSHEET R&HE - OR3, OR5 PSHE - H22	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	<p>Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&HE - CF4, RR2 PSHE - H1</p>	<p>Magic water Demonstrating the effects of saying sorry</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>WORKSHEET R&HE - CF4 PSHE - R2</p>	<p>Balloon Blast Demonstrating the benefits of letting go of hurt</p> <p>ACTIVITY R&HE - CF4, MW2 PSHE - R12</p>	<p>Marble Jar Discussion around how trust is built and betrayed</p> <p>FILM CLIP R&HE - CF2, CF5 PSHE - R3</p>	<p>Who am I? Recognising and challenging stereotypes</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>HS FILM R&HE - CF2 PSHE - R2</p>	<p>Spot the Difference The real me is the best me</p> <p>ACTIVITY R&HE - OR1, ISH6 PSHE - R7</p>	<p>Shame Detectives Spotting shame and replacing it with truth</p> <p>WORKSHEET R&HE - CF3, MW2 PSHE - H1, H6</p>	<p>Circle of Trust Thinking about appropriate and inappropriate contact</p> <p>WORKSHEET R&HE - BS3, BS5 PSHE - H1</p>	<p>Build on Truth Importance of truth to build strong friendships</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>HS FILM R&HE - MW2 PSHE - H6, H7</p>	<p>Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes)</p> <p>ACTIVITY R&HE - MW3, MW4 PSHE - H5, H7</p>	<p>Get Back Up Importance of getting back up and trying again</p> <p>DISCUSSION R&HE - MW1 PSHE - H7</p>	<p>I can help! Learning how to respond to emergency first aid situations</p> <p>ACTIVITY R&HE - BFA2 PSHE - H15</p>	<p>Dream Attitudes Developing the right attitudes to achieve our dreams</p> <p>WORKSHEET R&HE - MW1 PSHE - H5, H7</p>	<p>Embracing Change How to manage change well</p> <p>ACTIVITY R&HE - MW2, MW3, MW4 PSHE - H7, H8</p>	<p>'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&HE - MW2 PSHE - H6, H7</p>

