

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM PSHE - H2,R2	Power How we can use our power in positive and negative ways ACTIVITY PSHE - R2, R12	Feelings Bingo Understanding our emotions GAME PSHE - R1, H4	What goes in, must come out - Worms! What we put in our hearts is what comes out ACTIVITY PSHE - H2	Guess Who? Who we are grateful for in our class and why GAME PSHE - R9	Money, Money, Money How people get money WORKSHEET PSHE - L6	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART WORKSHEET PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle HS FILM PSHE - R1, R4	Love Map Identifying special people and how they show us love WORKSHEET PSHE - R9	Truth or Lies Differentiating between truths and lies about us ACTIVITY PSHE - H3	Would you Rather? Game of preference GAME PSHE - L8	Thankful Tree Listing things we are grateful for ACTIVITY PSHE - R5	Looking After Me Ways to take care of ourselves everyday ACTIVITY PSHE - H1, H6, H7, H11	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM PSHE - R1, R2	Who's Missing? Developing an awareness of our surroundings and the people around us ACTIVITY PSHE - L4	The Smartest Giant in Town How can we help others? How have others helped us? STORY PSHE - L1	Who Looks After Me? Who looks after us? How can we show them our appreciation? ACTIVITY PSHE - H13	Teamwork - Monsters University Working as a team to reach an end goal FILM CLIP PSHE - L3	Helping Boris Discussing simple rules to help keep us safe online WORKSHEET PSHE - H12	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy! WORKSHEET PSHE - R1, R2



<p>DON'T RUB IT IN, RUB IT OUT</p>	<p>Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle</p> <p>HS FILM PSHE - H2</p>	<p>Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends</p> <p>ACTIVITY PSHE - R2, R4</p>	<p>Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear</p> <p>ACTIVITY PSHE - R1</p>	<p>Chalk faces Different ways we can handle negative emotion effectively</p> <p>ACTIVITY PSHE - R6, R7</p>	<p>Disappointed Robots Exploring different ways to handle disappointment</p> <p>ACTIVITY PSHE - H3, H4</p>	<p>Builders and Wreckers How the words we use can build others up or knock them down</p> <p>ACTIVITY PSHE - R11, 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 PSHE - H2</p>
<p>FAKE IS A MISTAKE</p>	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM PSHE - R1</p>	<p>The Best Me Being yourself is the best you, you can be</p> <p>ACTIVITY PSHE - L8</p>	<p>Don't Hide What's Inside! Don't hide your true thoughts and feelings</p> <p>ACTIVITY PSHE - R1, R5</p>	<p>Mask Making Thinking about who we can trust to talk to when we are sad or mad</p> <p>ACTIVITY PSHE - H13, H4</p>	<p>Telephone Whispers How small lies can have a big impact</p> <p>GAME PSHE - R4, R2</p>	<p>Energy Detectives Looking for signs of energy and thinking about ways to conserve it</p> <p>ACTIVITY PSHE - L1, L5</p>	<p>Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake!</p> <p>WORKSHEET PSHE - R1</p>
<p>'NO WAY THROUGH', ISN'T TRUE</p>	<p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p> <p>HS FILM PSHE - H3, H4</p>	<p>Mission Possible Learning from our experiences and trying again</p> <p>ACTIVITY PSHE - H3, R7</p>	<p>Tummy Talk Trusting our instincts. Good secrets v bad secrets</p> <p>ACTIVITY PSHE - R3, H15</p>	<p>Seeds of Potential There is potential in all of us</p> <p>ACTIVITY PSHE - L1, L4, H9</p>	<p>Hearts that Dream Creating Dreamboards to capture our hopes and dreams</p> <p>ACTIVITY PSHE - H2</p>	<p>Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost</p> <p>WORKSHEET PSHE - H5, R1</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 PSHE - H3, H4</p>

