

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	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another ACTIVITY PSHE - R2	Inside Out Recalling memories and associating a feeling with them FILM CLIP PSHE - H7	Guard your Heart Thinking about things we need to guard our hearts from GAME PSHE - R3	Growing gratitude Listing things we are grateful for and why ACTIVITY PSHE - H1	Need v want Considering and prioritising needs and wants ACTIVITY PSHE - L13	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET 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 PSHE - R1, R4	Wear it with pride Learning to accept the encouragement given to us by others ACTIVITY PSHE - R8	Love is... Considering what love is and what it isn't WORKSHEET PSHE - R9	Moana Comparing 'Te Fiti' before and after she 'let love in' FILM CLIP PSHE - R1	My squad Listing the people in our lives we are grateful for WORKSHEET PSHE - R4	Love yourself Making good choices to keep our hearts healthy ACTIVITY PSHE - H1, H3	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM PSHE - R1, R2	Flip your phone How can you be #unselfie and doing something kind for others? WORKSHEET PSHE - R7	What's your emergency? How to respond in an emergency ACTIVITY PSHE - H15	Elizabeth Everest Honouring others for their kindness ACTIVITY PSHE - R7	No man is an island Working together, listening to one another and respecting other's views GAME PSHE - L8	Padlocked Privacy Discussing why it is important to keep personal information private WORKSHEET PSHE - H22	Too Much Selfie isn't Healthy Reflection 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 - H1</p>	<p>Magic water Demonstrating the effects of saying sorry</p> <p>DISCUSSION PSHE - R7, R12</p>	<p>Play it out Considering different ways to respond to scenarios</p> <p>WORKSHEET PSHE - R2</p>	<p>Balloon blast Demonstrating the benefits of letting go of hurt</p> <p>ACTIVITY PSHE - R12</p>	<p>Marble Jar Discussion around how trust is built and betrayed</p> <p>FILM CLIP PSHE - R3</p>	<p>Who am I? Recognising and challenging stereotypes</p> <p>WORKSHEET 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 PSHE - H1, H7</p>
<p>FAKE IS A MISTAKE</p>	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM PSHE - R2</p>	<p>Spot the Difference The real me is the best me</p> <p>ACTIVITY PSHE - R7</p>	<p>Shame Detectives Spotting shame and replacing it with truth</p> <p>WORKSHEET PSHE - H1, H6</p>	<p>Real is a Big Deal (pt 2) Discussion around sharing your true feelings</p> <p>ACTIVITY PSHE - H6</p>	<p>Build on Truth Importance of truth to build strong friendships</p> <p>DISCUSSION PSHE - R2, R3, R7</p>	<p>Heart Glasses Looking for ways to improve the school environment</p> <p>ACTIVITY PSHE - L7</p>	<p>Fake is a Mistake Reflection What we have learned about Fake is a Mistake!</p> <p>WORKSHEET PSHE - R2</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 - H6, H7</p>	<p>Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes)</p> <p>ACTIVITY PSHE - H5, H7</p>	<p>Imagine a Bright Future Imagining 'What if... ' in a positive way</p> <p>ACTIVITY PSHE - H1, H2</p>	<p>David and Goliath Overcoming challenges and difficulties through the story</p> <p>DISCUSSION PSHE - H7</p>	<p>Dream Attitudes Developing the right attitudes to achieve our dreams</p> <p>WORKSHEET PSHE - H5, H7</p>	<p>Embracing Change How to manage change well</p> <p>ACTIVITY 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 PSHE - H6, H7</p>

