

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 |
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| GET HEARTSMART | Get HEARTSMART Introduction to HeartSmart HS FILM PSHE - H1,R2 | Powerful Poses Demonstrate that our body language can be used to help us feel more powerful ACTIVITY PSHE - H6 | Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong WORKSHEET PSHE - H6 | Smart with Your Heart Developing the knowledge and skills to make healthy choices ACTIVITY PSHE - H3 | Gratitude Game Thinking of reasons to be thankful for a variety of objects/items GAME PSHE - H1 | The Apprentice Beginning to develop an understanding of enterprise and enterprise skills ACTIVITY PSHE - L14, L16 | 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 - H1, R2 | What are you worth? Working out what we are worth ACTIVITY PSHE - H5 | People say I am Encouraging one another with kind and positive words and being able to accept the words spoken about us ACTIVITY PSHE - L9 | Thumbs Up Recalling significant events and people in our lives so far ACTIVITY PSHE - R4 | Gratitude jar Thinking of things we are grateful for each week ACTIVITY PSHE - H1 | Now and Forever Investigating how commonly available substances can damage our immediate and future health ACTIVITY PSHE - H17 | 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 | All the Same, All Different Demonstrating ways we are different and ways we are the same GAME PSHE - L11,R13 | Listen up! Practising being a good listener ACTIVITY PSHE - R10 | You go before me Thinking of ways the generations before us have overcome challenges that we benefit from today ACTIVITY PSHE - L11 | Growing together Considering way we can be a good friend and support one another ACTIVITY PSHE - R10 | Social media - good or bad? Discussing the benefits and dangers of social media DISCUSSION PSHE - H22,H24 | Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET PSHE - R1, R2 |



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| <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>Work it Out Developing strategies to resolve conflict and disputes</p> <p>ACTIVITY PSHE - R12</p> | <p>Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others</p> <p>DISCUSSION PSHE - R12</p> | <p>Way to Say Exploring how our tone and body language communicates more than our words</p> <p>ACTIVITY PSHE - R2</p> | <p>Bit by Bit Discussing how to build trust between friends</p> <p>ACTIVITY PSHE - R9, R21</p> | <p>Deep Impact Considering the impact of bullying</p> <p>ACTIVITY PSHE - R14</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>This is Me! Being proud of who we are</p> <p>DISCUSSION PSHE - H6, H7, R16</p> | <p>HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk</p> <p>DISCUSSION PSHE - H1, H6, H7</p> | <p>Boundaries for Respect Learning how to use boundaries to establish respectful friendships</p> <p>ACTIVITY PSHE - R3, R10, R18</p> | <p>Disagree in Love Listening to one another share different points of view with the goal of understanding</p> <p>ACTIVITY PSHE - R10, L1</p> | <p>We All Have Rights Looking at the UNCRC</p> <p>ACTIVITY PSHE - L2, L3</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>The Bridge to Yet Demonstrating that 'No Way Through' isn't True!</p> <p>ACTIVITY PSHE - H1, H5, H7</p> | <p>Self-awareness Thinking about how we are feeling, why we feel that way and what we need</p> <p>ACTIVITY PSHE - H2, H16</p> | <p>Hearts Filled with Hope Looking at the power of Hope and how it can keep us going</p> <p>ACTIVITY PSHE - H1, H7</p> | <p>Ordinary people, Extraordinary Hearts Thinking about people who inspire us because of who they are</p> <p>ACTIVITY PSHE - H5</p> | <p>Where the Magic Happens Learning to step out of our comfort zones</p> <p>ACTIVITY PSHE - H8, H9</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> |

