

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  HS FILM R&HE - CF3, MW1 PSHE - H2, R2	<b>Power</b> How we can use our power in positive and negative ways  ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12	<b>Feelings Bingo</b> Understanding our emotions  GAME R&HE - MW2, MW3 PSHE - R1, H4	<b>What goes in, must come out - Worms!</b> What we put in our hearts is what comes out  ACTIVITY R&HE - MW1 PSHE - H2	<b>Guess Who?</b> Who we are grateful for in our class and why  GAME R&HE - CF1, CF2 PSHE - R9	<b>Healthy Choices</b> Helping Boris make good choices to keep healthy  ACTIVITY R&HE - MW1, PH1 PSHE - H2	<b>Get HEARTSMART Reflection</b> Circle time - What we have learned about Get HEARTSMART  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  HS FILM R&HE - RR4, MW1 PSHE - R1, R4	<b>Pants!</b> Learning about appropriate and inappropriate contact  WORKSHEET R&HE - BS3, BS4 PSHE - R10	<b>Truth or Lies</b> Differentiating between truths and lies about us  ACTIVITY R&HE - MW1 PSHE - H3	<b>Would you Rather?</b> Game of preference  GAME R&HE - CF3 PSHE - L8	<b>Marshmallow Test</b> Learning that there is a choice in spending and saving  ACTIVITY R&HE - N/A PSHE - L7	<b>Taking Care of Me</b> Ways to take care of ourselves everyday  ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11	<b>Don't Forget to Let Love in Reflection</b> Circle time - What we have learned about Don't Forget to Let Love in!  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  HS FILM R&HE - CF2, CF3 PSHE - R1, R2	<b>Who's Missing?</b> Developing an awareness of our surroundings and the people around us  ACTIVITY R&HE - CF1 PSHE - L4	<b>The Smartest Giant in Town</b> How can we help others? How have others helped us?  STORY R&HE - CF2, CF3 PSHE - L1	<b>Who Looks After Me?</b> Who looks after us? How can we show them our appreciation?  ACTIVITY R&HE - F1, F2, F4 PSHE - H13	<b>Teamwork - Monsters University</b> Working as a team to reach an end goal  FILM CLIP R&HE - CF2 PSHE - L3	<b>Helping Boris</b> Discussing simple rules to help keep us safe online  WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12	<b>Too Much Selfie isn't Healthy Reflection</b> Circle time - What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



<p><b>DON'T RUB IT IN, RUB IT OUT</b></p>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p>	<p><b>Goldilocks and Baby Bear</b> Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends</p>	<p><b>Forgiveness Fizz</b> Discussion around how forgiveness can help hard situations disappear</p>	<p><b>Chalk faces</b> Different ways we can handle negative emotion effectively</p>	<p><b>Disappointed Robots</b> Exploring different ways to handle disappointment</p>	<p><b>Builders and Wreckers</b> How the words we use can build others up or knock them down</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>HS FILM R&amp;HE - CF4, RR2 PSHE - H2</p>	<p>ACTIVITY R&amp;HE - RR1, CF5 PSHE - R2, R4</p>	<p>ACTIVITY R&amp;HE - CF4 PSHE - R1</p>	<p>ACTIVITY R&amp;HE - MW2, MW3, MW4 PSHE - R6, R7</p>	<p>ACTIVITY R&amp;HE - MW3 PSHE - H3, H4</p>	<p>ACTIVITY R&amp;HE - MW8, RR6 PSHE - R11, R14</p>	<p>WORKSHEET R&amp;HE - CF4, RR2 PSHE - H2</p>
<p><b>FAKE IS A MISTAKE</b></p>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p>	<p><b>The Best Me</b> Being yourself is the best you, you can be</p>	<p><b>Don't Hide What's Inside!</b> Don't hide your true thoughts and feelings</p>	<p><b>Mask Making</b> Thinking about who we can trust to talk to when we are sad or mad</p>	<p><b>Telephone Whispers</b> How small lies can have a big impact</p>	<p><b>Smile!</b> Looking at the importance of good oral hygiene and dental health</p>	<p><b>Fake is a Mistake Reflection</b> Circle time - What we have learned about Fake is a Mistake!</p>
	<p>HS FILM R&amp;HE - CF2 PSHE - R1</p>	<p>ACTIVITY R&amp;HE - N/A PSHE - L8</p>	<p>ACTIVITY R&amp;HE - CF3, F4 PSHE - R1, R5</p>	<p>ACTIVITY R&amp;HE - CF5, BS6, BS7, BS8 PSHE - H13, H4</p>	<p>GAME R&amp;HE - CF2 PSHE - R4, R2</p>	<p>WORKSHEET R&amp;HE - HP4 PSHE - H1</p>	<p>WORKSHEET R&amp;HE - CF2 PSHE - R1</p>
<p><b>'NO WAY THROUGH', ISN'T TRUE</b></p>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p>	<p><b>Mission Possible</b> Learning from our experiences and trying again</p>	<p><b>Tummy Talk</b> Trusting our instincts. Good secrets v bad secrets</p>	<p><b>Seeds of Potential</b> There is potential in all of us</p>	<p><b>Hearts that Dream</b> Creating Dreamboards to capture our hopes and dreams</p>	<p><b>Love a lot, Miss a lot</b> Circle time and activity around people, animals and things we have lost</p>	<p><b>'No Way Through' isn't True Reflection</b> Circle time - What we have learned</p>
	<p>HS FILM R&amp;HE - MW2 PSHE - H3, H4</p>	<p>ACTIVITY R&amp;HE - MW4 PSHE - H3, R7</p>	<p>ACTIVITY R&amp;HE - BS5, BS6 PSHE - R3, H15</p>	<p>ACTIVITY R&amp;HE - RR1 PSHE - L1, L4, H9</p>	<p>ACTIVITY R&amp;HE - MW6 PSHE - H2</p>	<p>WORKSHEET R&amp;HE - MW2, MW3, MW9 PSHE - H5, R1</p>	<p>WORKSHEET R&amp;HE - MW1 PSHE - H3, H4</p>



