

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 - H1,R2	Words have power Demonstrating consequences of the words we use about ourselves and others ACTIVITY PSHE - R7	Making sense Considering what each sense helps us to enjoy and understand including our 'heart sense' WORKSHEET PSHE - H6	Wily wolf Thinking about and discussing how we know who we can trust DISCUSSION PSHE - R21, H23	Reap what you sow Suggesting ways we can grow a desired characteristic e.g. kindness ACTIVITY PSHE - R11	What is it worth? Beginning to develop the skills needed to become a critical consumer 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 - H1, R2	Heart to heart Looking at ways we feel loved ACTIVITY PSHE - R2	Brilliant me ball Celebrating our strengths and achievements ACTIVITY PSHE - H5	One in a million Comparing measurements to determine our uniqueness ACTIVITY PSHE - H5	Don't agree with I don't like me Highlighting things about our bodies we are grateful for ACTIVITY PSHE - H1	Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing ACTIVITY PSHE - H12	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	What's missing? Being aware of surroundings and people around you GAME PSHE - L7, H23	Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language ACTIVITY PSHE - R1	Unseen heroes Thinking about and thanking the unseen heroes of our local community ACTIVITY PSHE - H23	Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal GAME PSHE - R11, R12	True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly WORKSHEET PSHE - H24	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>Saying sorry Discussing ways to fix broken friendships</p> <p>DISCUSSION PSHE - R12</p>	<p>Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others</p> <p>DISCUSSION PSHE - H1</p>	<p>Good stress, bad stress Talking about different types of stress and ways to manage negative stress</p> <p>ACTIVITY PSHE - H6</p>	<p>First steps How to bounce back from mistakes</p> <p>FILM CLIP PSHE - H7</p>	<p>Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares</p> <p>ACTIVITY PSHE - R15, H10</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>Human BEings not DOings Celebrating one another for who we are not what we do</p> <p>ACTIVITY PSHE - H1, H5</p>	<p>Voice of Love Who speaks into our lives and are they using the voice of love?</p> <p>WORKSHEET PSHE - H1, R10</p>	<p>Speak Truth Having the courage to tell the truth isn't always easy</p> <p>STORY PSHE - R2, H13</p>	<p>Hearts Unstuck How feedback can help us come unstuck and grow</p> <p>GAME PSHE - R7, R12</p>	<p>HeartSmart and the Law Considering how the UK laws fit into HeartSmart principles</p> <p>WORKSHEET PSHE - L2</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>Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge</p> <p>ACTIVITY PSHE - H7</p>	<p>Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals</p> <p>WORKSHEET PSHE - H16</p>	<p>Just Keep Swimming How to persevere and hold onto hope</p> <p>FILM CLIP PSHE - H7, R2</p>	<p>Dreamers Dreaming of the future</p> <p>ACTIVITY PSHE - H5</p>	<p>Grieve Hard, Love Hard Dealing with grief and loss</p> <p>ACTIVITY PSHE - H6, 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>