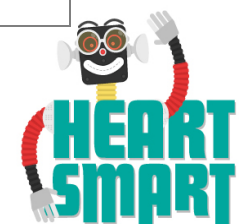


RECEPTION

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART (Meet boris)	My HeartSmart Tool-belt Looking at Boris' special tools to learn what it means to be HeartSmart ACTIVITY PSED-SC/SA	Becoming Boris Using junk materials to dress up as Boris ACTIVITY PSED-MR	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox GAME PSED-MR	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling ACTIVITY PSED-MFB	My heart is full Talking about the things we love and how they make us feel. ACTIVITY PSED-MFB	Heart hunt Looking for hidden hearts GAME PSED-MR	N/A
DON'T FORGET TO LET LOVE IN! (I am special)	I am loved! Learning that each one of us is loved, special and important CIRCLE TIME PSED-SC/SA	My favourite things Thinking about our favourite things and how they are all different. ACTIVITY PSED-SC/SA	My Heart Talking about how we demonstrate different emotions. ACTIVITY PSED-MFB	Twinkle Twinkle Thinking about what makes our friends special. GAME PSED-MFB	Who am I? Children to find different objects they like ACTIVITY PSED-SC/SA	EYFS has talent Demonstrating our different skills and talents. ACTIVITY PSED-SC/SA	N/A
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	I love to... Discussion about who you love and what you love to do together ACTIVITY PSED-MR	Parachute families Game to demonstrate how everyone's family is different GAME PSED-MR	Sorting feelings Looking at ways people express how they are feeling and ways we can show we care ACTIVITY PSED-MFB	How do you do? Exploring ways to show care and affection for others. GAME PSED-MR	Helpful Hearts Thinking about how we show others we care when we offer our help. ACTIVITY PSED-MR	Thank you for helping me Thanking members of the school community for their help. ACTIVITY PSED-SC	N/A



DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)	Super friends Discussing what makes a super friend. ACTIVITY PSED-MR	Musical Friends Game to show the importance of including others GAME PSED-MR	Listening ears Game to encourage children to listen to one another. GAME PSED-MFB	Soft words, Hard words Thinking about the types of words we use and how they make others feel ACTIVITY PSED-MR	If I met the scrap man Being kind to others even when their behaviour is unkind. ACTIVITY PSED-MR	Grumpy Frog story Exploring saying sorry through story STORY PSED-MFB	N/A
FAKE IS A MISTAKE (I tell the truth)	Boris and the scrapman's lies Children to differentiate between lies and truth ACTIVITY PSED-MFB	Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words. ACTIVITY PSED-MFB	How Rabbit got his long Ears Story to explore the importance of telling the truth STORY PSED-MR	Hat Games Pretending to be someone else is fun but being me is better. ACTIVITY PSED-SC/SA	Thankful Heart Circle time to think about what the children are thankful for. CIRCLE TIME PSED-SC/SA	Tell me about you Sharing and celebrating differences in our home and families. SHOW AND TELL PSED-SC/SA	N/A
'NO WAY THROUGH', ISN'T TRUE (I can do it!)	Boris in the kitchen Considering how we can move forward from mistakes we make. DISCUSSION PSED-SC/SA	I can challenge Series of challenges for children to practice and complete ACTIVITY PSED-SC/SA	Stuck! Circle time to consider what to do when the children are stuck CIRCLE TIME PSED-SC/SA	When I grow up Game and discussion around what children want to do when they grow up GAME PSED-SC/SA	Magnetic Maze Activity to demonstrate persevering to find a way through ACTIVITY PSED-SC/SA	Changing Caterpillars Considering change through the life cycle of a caterpillar. ACTIVITY PSED-SC	N/A



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Power How we can use our power in positive and negative ways	Feelings Bingo Understanding our emotions	What goes in, must come out - Worms! What we put in our hearts is what comes out	Guess Who? Who we are grateful for in our class and why	Healthy Choices Helping Boris make good choices to keep healthy	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM R&HE - CF3, MW1 PSHE - H2, R2	ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12	GAME R&HE - MW2, MW3 PSHE - R1, H4	ACTIVITY R&HE - MW1 PSHE - H2	GAME R&HE - CF1, CF2 PSHE - R9	ACTIVITY R&HE - MW1, PH1 PSHE - H2	WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	Pants! Learning about appropriate and inappropriate contact	Truth or Lies Differentiating between truths and lies about us	Would you Rather? Game of preference	Marshmallow Test Learning that there is a choice in spending and saving	Taking Care of Me Ways to take care of ourselves everyday	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - R1, R4	WORKSHEET R&HE - BS3, BS4 PSHE - R10	ACTIVITY R&HE - MW1 PSHE - H3	GAME R&HE - CF3 PSHE - L8	ACTIVITY R&HE - N/A PSHE - L7	ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11	WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Who's Missing? Developing an awareness of our surroundings and the people around us	The Smartest Giant in Town How can we help others? How have others helped us?	Who Looks After Me? Who looks after us? How can we show them our appreciation?	Teamwork - Monsters University Working as a team to reach an end goal	Helping Boris Discussing simple rules to help keep us safe online	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - CF1 PSHE - L4	STORY R&HE - CF2, CF3 PSHE - L1	ACTIVITY R&HE - F1, F2, F4 PSHE - H13	FILM CLIP R&HE - CF2 PSHE - L3	WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H2	Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends ACTIVITY R&HE - RR1, CF5 PSHE - R2, R4	Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear ACTIVITY R&HE - CF4 PSHE - R1	Chalk faces Different ways we can handle negative emotion effectively ACTIVITY R&HE - MW2, MW3, MW4 PSHE - R6, R7	Disappointed Robots Exploring different ways to handle disappointment ACTIVITY R&HE - MW3 PSHE - H3, H4	Builders and Wreckers How the words we use can build others up or knock them down ACTIVITY R&HE - MW8, RR6 PSHE - R11, R14	Reflection Circle time - What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R1	The Best Me Being yourself is the best you, you can be ACTIVITY R&HE - N/A PSHE - L8	Don't Hide What's Inside! Don't hide your true thoughts and feelings ACTIVITY R&HE - CF3, F4 PSHE - R1, R5	Mask Making Thinking about who we can trust to talk to when we are sad or mad ACTIVITY R&HE - CF5, BS6, BS7, BS8 PSHE - H13, H4	Telephone Whispers How small lies can have a big impact GAME R&HE - CF2 PSHE - R4, R2	Smile! Looking at the importance of good oral hygiene and dental health WORKSHEET R&HE - HP4 PSHE - H1	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H3, H4	Mission Possible Learning from our experiences and trying again ACTIVITY R&HE - MW4 PSHE - H3, R7	Tummy Talk Trusting our instincts. Good secrets v bad secrets ACTIVITY R&HE - BS5, BS6 PSHE - R3, H15	Seeds of Potential There is potential in all of us ACTIVITY R&HE - RR1 PSHE - L1, L4, H9	Hearts that Dream Creating Dreamboards to capture our hopes and dreams ACTIVITY R&HE - MW6 PSHE - H2	Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost WORKSHEET R&HE - MW2, MW3, MW9 PSHE - H5, R1	'No Way Through' isn't True Reflection Circle time - What we have learned WORKSHEET R&HE - MW1 PSHE - H3, H4

YEAR 2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Power Plus Describing how we can use our power in positive and negative ways	Heart Decisions Considering the reputations we would like to have	Bright Hearts What is in our hearts, is played out in our words and actions	Love Map Identifying special people and how they show us love	Boris Face Plate Creating a robot face from healthy foods	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM R&HE - CF3, MW1 PSHE - H2, R2	ACTIVITY R&HE - CF3 PSHE - L1	ACTIVITY R&HE - CF2, MW4 PSHE - H2	ACTIVITY R&HE - MW3, MW4 PSHE - H2	WORKSHEET R&HE - F1, F3 PSHE - R9	ACTIVITY R&HE - HE2, HE3 PSHE - H1	WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	I am cubes Recognising and celebrating our strengths and ways in which we are all unique	Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you	Boundin Discussion around how being thankful for what we have, changes our attitude	Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1, PSHE - R1, R4	WORKSHEET R&HE - RR4 PSHE - H3	ACTIVITY R&HE - RR4, RR5 PSHE - L3	ACTIVITY R&HE - N/A PSHE - L8	FILM CLIP R&HE - MW6 PSHE - H3	ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Spot the Difference Be aware of surroundings and the people around you	Secret Kindness Agents Looking for opportunities to do something kind for others	Everyday Heroes Thinking about people who look after us in our community	We all Fit Together Looking at how are we the same and how we are different	HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - CF1 PSHE - L4	ACTIVITY R&HE - CF3, RR2 PSHE - R4	ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H2	That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends FILM CLIP R&HE - CF4 PSHE - R6	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel ACTIVITY R&HE - MW3, MW4 PSHE - H4	Let the Ouch Out Reflecting on helpful ways to deal with hurt WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	Traffic Lights Ways to handle negative emotion ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	Crumpled Hearts Demonstrating the consequences of teasing or bullying ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14	Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out! WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R1	Grains of Sand There never has and never will be another one of me ACTIVITY R&HE - N/A PSHE - L8	The Truth about Me Not all the thoughts we have about ourselves are true DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	Real is a Big Deal Discussing how different emotions feel WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	Nice to Meet You! Looking at ways to be polite when meeting others GAME R&HE - RR3 PSHE - R8	Sun Safe! Thinking of ways to stay safe in the sun ACTIVITY R&HE - HP2 PSHE - H1	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H3, H4	Road signs Finding alternative solutions to problems ACTIVITY R&HE - MW2 PSHE - H3	Ways to Say Looking at seemingly impossible situations in different ways ACTIVITY R&HE - MW2, MW4 PSHE - H4	Rainbows from Rain Overcoming challenges and difficulties ACTIVITY R&HE - MW2, MW3 PSHE - H3	Imagine a Bright Future Imagining 'What if...' in a positive way ACTIVITY R&HE - MW1 PSHE - H1, H2	Energy Detectives Looking for signs of energy and thinking about ways to conserve it ACTIVITY R&HE - N/A PSHE - L1, L5	'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H3, H4

YEAR 3

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another	Inside Out Recalling memories and associating a feeling with them	Guard your Heart Thinking about things we need to guard our hearts from	My squad Listing the people in our lives we are grateful for	Full or Empty? Thinking of the benefits of living a healthy lifestyle	Get HEARTSMART Reflection What we have learned about Get HEARTSMART
	HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	ACTIVITY R&HE - CF1, CF2 PSHE - R2	FILM CLIP R&HE - MW3, MW4 PSHE - H7	GAME R&HE - CF5 PSHE - R3	WORKSHEET R&HE - F1, CF1 PSHE - R4	WORKSHEET R&HE - PH1, PH3, PH4	WORKSHEET R&HE - CF3, MW1 PSHE - H1, R2
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	Wear it with pride Learning to accept the encouragement given to us by others	Love is... Considering what love is and what it isn't	Moana Comparing 'Te Fiti' before and after she 'let love in'	Growing gratitude Listing things we are grateful for and why	Love yourself Making good choices to keep our hearts healthy	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - H1, R2	ACTIVITY R&HE - CF1, CF3 PSHE - L8	WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4	FILM CLIP R&HE - MW2, MW4, MW7 PSHE - R1	ACTIVITY R&HE - RR3 PSHE - H1	ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3	WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Flip your phone How can you be #unselfie and doing something kind for others?	What's your emergency? How to respond in an emergency	Elizabeth Everest Honouring others for their kindness	No man is an island Working together, listening to one another and respecting other's views	Padlocked Privacy Discussing why it is important to keep personal information private	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	WORKSHEET R&HE - CF3, RR2 PSHE - R7	ACTIVITY R&HE - BFA1 PSHE - H15	ACTIVITY R&HE - RR5 PSHE - R7	GAME R&HE - CF2, CF3 PSHE - L8	WORKSHEET R&HE - OR3, OR5 PSHE - H22	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



YEAR 3

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Magic water Demonstrating the effects of saying sorry DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R7, R12	Play it out Considering different ways to respond to scenarios WORKSHEET R&HE - CF4 PSHE - R2	Balloon Blast Demonstrating the benefits of letting go of hurt ACTIVITY R&HE - CF4, MW2 PSHE - R12	Marble Jar Discussion around how trust is built and betrayed FILM CLIP R&HE - CF2, CF5 PSHE - R3	Who am I? Recognising and challenging stereotypes WORKSHEET R&HE - RR7 PSHE - R16	Reflection What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	Spot the Difference The real me is the best me ACTIVITY R&HE - OR1, ISH6 PSHE - R7	Shame Detectives Spotting shame and replacing it with truth WORKSHEET R&HE - CF3, MW2 PSHE - H1, H6	Circle of Trust Thinking about appropriate and inappropriate contact WORKSHEET R&HE - BS3, BS5 PSHE - H1	Build on Truth Importance of truth to build strong friendships DISCUSSION R&HE - CF2 PSHE - R2, R3, R7	Allergy Allies! Learning the facts and science about allergies DISCUSSION R&HE - HP6	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes) ACTIVITY R&HE - MW3, MW4 PSHE - H5, H7	Get Back Up Importance of getting back up and trying again DISCUSSION R&HE - MW1 PSHE - H7	I can help! Learning how to respond to emergency first aid situations ACTIVITY R&HE - BFA2 PSHE - H15	Dream Attitudes Developing the right attitudes to achieve our dreams WORKSHEET R&HE - MW1 PSHE - H5, H7	Embracing Change How to manage change well ACTIVITY R&HE - MW2, MW3, MW4 PSHE - H7, H8	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	Words have power Demonstrating consequences of the words we use about ourselves and others ACTIVITY R&HE - MW8, RR5, RR6 PSHE - R7	Reap what you sow Suggesting ways we can grow a desired characteristic e.g. kindness ACTIVITY R&HE - CF2 PSHE - R11	Wily wolf Thinking about and discussing how we know who we can trust DISCUSSION R&HE - BS1, BS5 PSHE - R21, H23	Family Recipe Thinking about the characteristics that make a healthy family life ACTIVITY R&HE - F2 PSHE - R4	Healthy Minds Recognising what positively and negatively affects our mental health WORKSHEET R&HE - MW1, MW10 PSHE - H1, H14	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 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 R&HE - RR4, MW1 PSHE - H1, R2	Heart to heart Looking at ways we feel loved ACTIVITY R&HE - F1, F3, F4 PSHE - R2	Brilliant me ball Celebrating our strengths and achievements ACTIVITY R&HE - RR4 PSHE - H5	One in a million Comparing measurements to determine our uniqueness ACTIVITY R&HE - N/A PSHE - H5	Don't agree with I don't like me Highlighting things about our bodies we are grateful for ACTIVITY R&HE - MW4 PSHE - H1	Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing ACTIVITY R&HE - HP5 PSHE - H12	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	What's missing? Being aware of surroundings and people around you GAME R&HE - CF1 PSHE - L7, H23	Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language ACTIVITY R&HE - MW2, MW3 PSHE - R1	Unseen heroes Thinking about and thanking the unseen heroes of our local community ACTIVITY R&HE - RR5, BS8 PSHE - H23	Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal GAME R&HE - CF2, CF3 PSHE - R11, R12	True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly WORKSHEET R&HE - ISH2, ISH7 PSHE - H24	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Saying sorry Discussing ways to fix broken friendships DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R12	Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others DISCUSSION R&HE - CF4, MW3 PSHE - H1	Good stress, bad stress Talking about different types of stress and ways to manage negative stress ACTIVITY R&HE - MW5, MW9 PSHE - H6	Boundaries Learning about personal boundaries DISCUSSION R&HE - RR8, BS1 PSHE - R21	Be Kind Online Recognising and dealing with online abuse WORKSHEET R&HE - ISH1, ISH5, ISH7 PSHE - R18	Reflection What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	Human BEings not DOings Celebrating one another for who we are not what we do ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5	Voice of Love Who speaks into our lives and are they using the voice of love? WORKSHEET R&HE - F2, CF3 PSHE - H1, R10	Speak Truth Having the courage to tell the truth isn't always easy STORY R&HE - CF5 PSHE - R2, H13	Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10	Risky Business Learning the facts and risks associated with smoking ACTIVITY R&HE - DAT1 PSHE - H17	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge ACTIVITY R&HE - MW3, MW4 PSHE - H7	Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals WORKSHEET R&HE - MW4, MW5 PSHE - H16	Just Keep Swimming How to persevere and hold onto hope FILM CLIP R&HE - MW3, MW4 PSHE - H7, R2	Dreamers Dreaming of the future ACTIVITY R&HE - N/A PSHE - H5	Changing Me! Key facts about the changes that take place in puberty between 9 - 11 WORKSHEET R&HE - CAB1 PSHE - H8, H13	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	Boss v Leader Considering how powerful people lead others ACTIVITY R&HE - RR1, BS4 PSHE - L6	Lion Heart Describing the heart reputation we would like ACTIVITY R&HE - CF2, RR1 PSHE - H5	Watch What You Watch Watch Discussing how to know what we should and shouldn't watch WORKSHEET R&HE - ISH2, ISH4 PSHE - H2	Letter of Thanks Writing letters of thanks to people who support and encourage us ACTIVITY R&HE - F1, F2, F4 PSHE - R4	Sleep Well Thinking about the importance of good quality sleep for health DISCUSSION R&HE - HP3 PSHE - H2	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 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 R&HE - RR4, MW1 PSHE - H1, R2	Gunner Making the connection between Gunner's story and Don't Forget to Let Love In! ACTIVITY R&HE - CF2 PSHE - R11	Make the Right Voice Choice Considering the way the words we listen to about ourselves make us feel ACTIVITY R&HE - F6, CF5, MW1 PSHE - H1	Under Pressure Thinking about different sources of pressure, including from our friends, and ways we can respond ACTIVITY R&HE - BS5, BS8 PSHE - H13, H14	Allocating Resources Recognising that resources can be allocated in different ways and these choices affect others ACTIVITY R&HE - N/A PSHE - L15	Help! Who to go to for help and how to keep asking until help is given ACTIVITY R&HE - BS6, BS7, BS8 PSHE - H23	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	When I'm Feeling Lonely... What we can do when we feel lonely ACTIVITY R&HE - MW7, OR4 PSHE - H1	Read My Lips Listening to what others say GAME R&HE - RR1, RR2 PSHE - R10	Honour Thinking of people who deserve honour and suggesting ways to honour them ACTIVITY R&HE - RR5 PSHE - L9, L11	Great Groups to investigate the purpose and role of different groups (inc. pressure groups) ACTIVITY R&HE - N/A PSHE - L10	Be Aware What You Share Developing an awareness of what you should and shouldn't share online ACTIVITY R&HE - OR1, OR4, ISH3 PSHE - H25	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Don't Hold on to What's Wrong! Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Different Perspective Developing simple strategies to resolve conflict ACTIVITY R&HE - CF4, RR2 PSHE - R7, R12, L8	Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness DISCUSSION R&HE - MW1 PSHE - R2	Emotions don't drive! How to handle our emotions ACTIVITY R&HE - MW2, MW3 PSHE - H6	I did not I am Discussing how we respond to our own mistakes DISCUSSION R&HE - MW3 PSHE - H1	Bully Busting Recognise bullying in all its forms and thinking about strategies to deal with bullying WORKSHEET R&HE - RR6, MW8 PSHE - R18	Reflection What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	Time To Get Real How images we see online and in the media don't always represent reality DISCUSSION R&HE - OR1, OR4, ISH6 PSHE - H4, L17, L18	No Need to Hide What's Inside Exploring how shame can make us want to hide how we really feel ACTIVITY R&HE - CF3, MW2, MW3 PSHE - H7, H14, R9	Soft Shells Knowing who we can trust to be vulnerable and open with FILM CLIP R&HE - CF2, BS1, BS8 PSHE - R2, R21	Hearts that Welcome Feedback How feedback can help us grow ACTIVITY R&HE - CF1, CF3 PSHE - R1, R7, R12	Decisions, Decisions! Finding out about the risks associated with alcohol for young people ACTIVITY R&HE - DAT1 PSHE - H17	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	Egg in the Flask Demonstrating that 'No Way Through' isn't True! ACTIVITY R&HE - MW4 PSHE - H7	Success isn't always what you see How the successes we achieve on the inside can often be greater than those seen on the outside WORKSHEET R&HE - MW4 PSHE - H1, H5	Hope Light Looking at the power of Hope and how it can keep us going ACTIVITY R&HE - MW1, MW4 PSHE - H1, H5	Period Relay Key facts about the menstrual cycle WORKSHEET R&HE - CAB2 PSHE - H13	What am I? How to look after ourselves during puberty GAME R&HE - CAB1, CAB2 PSHE - H13	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7

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GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful ACTIVITY R&HE - RR4, MW6 PSHE - H6	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	Secret Scenarios Recognising when it is right to keep a secret and when a secret should be shared DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	Tying the Knot Recognising the importance of commitment in marriage ACTIVITY R&HE - F5 PSHE - R5	Healthy Food, Healthy Heart Learning about the Eatwell plate and how to plan a healthy meal ACTIVITY R&HE - HE2 PSHE - H3	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 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 R&HE - RR4, MW1 PSHE - H1, R2	What are you worth? Working out what we are worth ACTIVITY R&HE - RR4 PSHE - H5	People say I am Encouraging one another with kind and positive words & accepting the words spoken about us ACTIVITY R&HE - CF3 PSHE - H5	Thumbs Up Recalling significant events and people in our lives so far ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	Gratitude jar Thinking of things we are grateful for each week ACTIVITY R&HE - MW1 PSHE - H1	Signs to Spot Identifying early signs of illness ACTIVITY R&HE - HP1 PSHE - N/A	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	All the Same, All Different Demonstrating ways we are different and ways we are the same GAME R&HE - CF3, RR1, RR5 PSHE - L11, R13	Listen up! Practising being a good listener ACTIVITY R&HE - CF4, RR1 PSHE - R10	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from ACTIVITY R&HE - RR5 PSHE - L11	Growing together Considering ways we can be a good friend and support one another ACTIVITY R&HE - CF2, CF3 PSHE - R10	Social media - good or bad? Discussing the benefits and dangers of social media DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22, H24	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	Don't Hold on to What's Wrong Introduction to the 3rd HeartSmart principle	Work it Out Developing strategies to resolve conflict and disputes	Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others	Way to Say Exploring how our tone and body language communicates more than our words	Bit by Bit Discussing how to build trust between friends	Deep Impact Considering the impact of bullying	Reflection What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	ACTIVITY R&HE - CF4, RR2 PSHE - R12	DISCUSSION R&HE - MW1 PSHE - R12	ACTIVITY R&HE - RR2, OR1 PSHE - R2	ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21	ACTIVITY R&HE - RR6, MW8 PSHE - R14	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	This is Me! Being proud of who we are	HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk	Boundaries for Respect Learning how to use boundaries to establish respectful friendships	Vaccines - Facts vs Fake News! Finding out facts about vaccinations	Fix it, Find out, Fit in! Find out facts about legal and illegal substances and their risks	Fake is a Mistake Reflection What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	DISCUSSION R&HE - N/A PSHE - H6, H7, R16	DISCUSSION R&HE - MW1 PSHE - H1, H6, H7	ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18	ACTIVITY R&HE - HP6, ISH6 PSHE -	ACTIVITY R&HE - DAT1 PSHE - H17	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	The Bridge to Yet Demonstrating that 'No Way Through' isn't True!	Self-awareness Thinking about how we are feeling, why we feel that way and what we need	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going	Where the Magic Happens Learning to step out of our comfort zones	Under Construction - the teenage brain! How the brain changes during puberty	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3 PSHE-H1, H5, H7	ACTIVITY R&HE - MW1, MW3, MW4 PSHE - H2, H16	ACTIVITY R&HE - MW4 PSHE - H1, H7	ACTIVITY R&HE - MW4 PSHE - H8, H9	ACTIVITY R&HE - CAB1 PSHE - H13	WORKSHEET R&HE - MW2 PSHE - H6, H7

