

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 PSHE - H1,R2	<b>Words have power</b> Demonstrating consequences of the words we use about ourselves and others ACTIVITY PSHE - R7	<b>Making sense</b> Considering what each sense helps us to enjoy and understand including our 'heart sense' WORKSHEET PSHE - H6	<b>Wily wolf</b> Thinking about and discussing how we know who we can trust  DISCUSSION PSHE - R21, H23	<b>Reap what you sow</b> Suggesting ways we can grow a desired characteristic e.g. kindness ACTIVITY PSHE - R11	<b>What is it worth?</b> Beginning to develop the skills needed to become a critical consumer ACTIVITY PSHE - L13	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  WORKSHEET PSHE - H1, R2
<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 PSHE - H1, R2	<b>Heart to heart</b> Looking at ways we feel loved  ACTIVITY PSHE - R2	<b>Brilliant me ball</b> Celebrating our strengths and achievements  ACTIVITY PSHE - H5	<b>One in a million</b> Comparing measurements to determine our uniqueness  ACTIVITY PSHE - H5	<b>Don't agree with I don't like me</b> Highlighting things about our bodies we are grateful for  ACTIVITY PSHE - H1	<b>Hands up!</b> Creating a catchy rhyme/song or rap to remind others about the importance of hand washing ACTIVITY PSHE - H12	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  WORKSHEET PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  HS FILM PSHE - R1, R2	<b>What's missing?</b> Being aware of surroundings and people around you  GAME PSHE - L7, H23	<b>Guess my feelings</b> Suggesting how someone is feeling based on their facial expressions and body language  ACTIVITY PSHE - R1	<b>Unseen heroes</b> Thinking about and thanking the unseen heroes of our local community  ACTIVITY PSHE - H23	<b>Teamwork makes the dream work!</b> Recognising that we sometimes need help from others and working together to achieve a shared goal GAME PSHE - R11, R12	<b>True Smartphone</b> Developing an awareness of ways to use mobile phones and tablets responsibly  WORKSHEET PSHE - H24	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET 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>HS FILM PSHE - H1</p>	<p><b>Saying sorry</b> Discussing ways to fix broken friendships</p> <p>DISCUSSION PSHE - R12</p>	<p><b>Pass through the pain barrier</b> Discussing what forgiveness is and the value of forgiving others</p> <p>DISCUSSION PSHE - H1</p>	<p><b>Good stress, bad stress</b> Talking about different types of stress and ways to manage negative stress</p> <p>ACTIVITY PSHE - H6</p>	<p><b>First steps</b> How to bounce back from mistakes</p> <p>FILM CLIP PSHE - H7</p>	<p><b>Dare to be different</b> 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><b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET PSHE - H1, H7</p>
<p><b>FAKE IS A MISTAKE</b></p>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM PSHE - R2</p>	<p><b>Human BEings not DOings</b> Celebrating one another for who we are not what we do</p> <p>ACTIVITY PSHE - H1, H5</p>	<p><b>Voice of Love</b> Who speaks into our lives and are they using the voice of love?</p> <p>WORKSHEET PSHE - H1, R10</p>	<p><b>Speak Truth</b> Having the courage to tell the truth isn't always easy</p> <p>STORY PSHE - R2, H13</p>	<p><b>Hearts Unstuck</b> How feedback can help us come unstuck and grow</p> <p>GAME PSHE - R7, R12</p>	<p><b>HeartSmart and the Law</b> Considering how the UK laws fit into HeartSmart principles</p> <p>WORKSHEET PSHE - L2</p>	<p><b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!</p> <p>WORKSHEET PSHE - R2</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>HS FILM PSHE - H6, H7</p>	<p><b>Endurance Expedition</b> Thinking about the skills and attitudes needed to meet a challenge</p> <p>ACTIVITY PSHE - H7</p>	<p><b>Habits - Help or Hinder?</b> Considering the habits we need to develop or change to reach our goals</p> <p>WORKSHEET PSHE - H16</p>	<p><b>Just Keep Swimming</b> How to persevere and hold onto hope</p> <p>FILM CLIP PSHE - H7, R2</p>	<p><b>Dreamers</b> Dreaming of the future</p> <p>ACTIVITY PSHE - H5</p>	<p><b>Grieve Hard, Love Hard</b> Dealing with grief and loss</p> <p>ACTIVITY PSHE - H6, H8</p>	<p><b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET PSHE - H6, H7</p>