

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	Money, Money, Money How people get money	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM PSHE - H2,R2	ACTIVITY PSHE - R2, R12	GAME PSHE - R1, H4	ACTIVITY PSHE - H2	GAME PSHE - R9	WORKSHEET PSHE - L6	WORKSHEET PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	Love Map Identifying special people and how they show us love	Truth or Lies Differentiating between truths and lies about us	Would you Rather? Game of preference	Thankful Tree Listing things we are grateful for	Looking After 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 PSHE - R1, R4	WORKSHEET PSHE - R9	ACTIVITY PSHE - H3	GAME PSHE - L8	ACTIVITY PSHE - R5	ACTIVITY PSHE - H1, H6, H7, H11	WORKSHEET 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 PSHE - R1, R2	ACTIVITY PSHE - L4	STORY PSHE - L1	ACTIVITY PSHE - H13	FILM CLIP PSHE - L3	WORKSHEET PSHE - H12	WORKSHEET PSHE - R1, R2



DON'T RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle HS FILM PSHE - H2	Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends ACTIVITY PSHE - R2, R4	Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear ACTIVITY PSHE - R1	Chalk faces Different ways we can handle negative emotion effectively ACTIVITY PSHE - R6, R7	Disappointed Robots Exploring different ways to handle disappointment ACTIVITY PSHE - H3, H4	Builders and Wreckers How the words we use can build others up or knock them down ACTIVITY PSHE - R11, R14	Don't Rub it in, Rub it Out Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out! WORKSHEET PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM PSHE - R1	The Best Me Being yourself is the best you, you can be ACTIVITY PSHE - L8	Don't Hide What's Inside! Don't hide your true thoughts and feelings ACTIVITY PSHE - R1, R5	Mask Making Thinking about who we can trust to talk to when we are sad or mad ACTIVITY PSHE - H13, H4	Telephone Whispers How small lies can have a big impact GAME PSHE - R4, R2	Energy Detectives Looking for signs of energy and thinking about ways to conserve it ACTIVITY PSHE - L1, L5	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake! WORKSHEET PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM PSHE - H3, H4	Mission Possible Learning from our experiences and trying again ACTIVITY PSHE - H3, R7	Tummy Talk Trusting our instincts. Good secrets v bad secrets ACTIVITY PSHE - R3, H15	Seeds of Potential There is potential in all of us ACTIVITY PSHE - L1, L4, H9	Hearts that Dream Creating Dreamboards to capture our hopes and dreams ACTIVITY PSHE - H2	Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost WORKSHEET PSHE - H5, R1	'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True! WORKSHEET PSHE - H3, H4