

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	<b>Power Plus</b> Describing how we can use our power in positive and negative ways	<b>Heart Decisions</b> Considering the reputations we would like to have	<b>Bright Hearts</b> What is in our hearts, is played out in our words and actions	<b>Happy Snappy</b> Looking for things we are grateful for	<b>Marshmallow Test</b> Learning that there is a choice in spending and saving	<b>Get HEARTSMART Reflection</b> Circle time - What we have learned about Get HEARTSMART
	HS FILM PSHE - H2,R2	ACTIVITY PSHE - L1	ACTIVITY PSHE - H2	ACTIVITY PSHE - H2	ACTIVITY PSHE - R5	ACTIVITY PSHE - L7	WORKSHEET 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	<b>I am cubes</b> Recognising and celebrating our strengths and ways in which we are all unique	<b>Trash or Truth</b> Learning to differentiate between the truths and lies that we hear or speak about ourselves	<b>Meaning of my Name</b> Writing an acrostic poem for your name by selecting words that describe you	<b>Boundin</b> Discussion around how being thankful for what we have, changes our attitude	<b>Heartbeat-</b> Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	<b>Don't Forget to Let Love in Reflection</b> Circle time - What we have learned about Don't Forget to Let Love in!
	HS FILM PSHE - R1, R4	WORKSHEET PSHE - H3	ACTIVITY PSHE - L3	ACTIVITY PSHE - L8	FILM CLIP PSHE - H3	ACTIVITY PSHE - H1	WORKSHEET 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	<b>Spot the Difference</b> Be aware of surroundings and the people around you by noticing differences	<b>Secret Kindness Agents</b> Looking for opportunities to do something kind for others	<b>Everyday Heroes</b> Thinking about people who look after us in our community	<b>We all Fit Together</b> Looking at how are we the same and how we are different	<b>HeartSmart on the Playground, HeartSmart Online</b> Rules for keeping safe online	<b>Too Much Selfie isn't Healthy Reflection</b> Circle time - What we have learned about Too Much Selfie isn't Healthy!
	HS FILM PSHE - R1, R2	ACTIVITY PSHE - L4	ACTIVITY PSHE - R4	ACTIVITY PSHE - L10	ACTIVITY PSHE - L9, R8	WORKSHEET PSHE - H12, H14, H15	WORKSHEET PSHE - R1, R2



<b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle  HS FILM PSHE - H2	<b>That's what Friends are for (Shrek)</b> Saying sorry and offering forgiveness between friends  FILM CLIP PSHE - R6	<b>Balloon Spoons</b> Demonstrating how holding onto unforgiveness can make us feel  ACTIVITY PSHE - H4	<b>Let the Ouch Out</b> Reflecting on helpful ways to deal with hurt  WORKSHEET PSHE - H4, H5	<b>Traffic Lights</b> Ways to handle negative emotion  ACTIVITY PSHE - H4, H13	<b>Crumpled Hearts</b> Demonstrating the consequences of teasing or bullying  ACTIVITY PSHE - R13, R14	<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!  WORKSHEET PSHE - H2
<b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle  HS FILM PSHE - R1	<b>Grains of Sand</b> There never has and never will be another one of me  ACTIVITY PSHE - L8	<b>The Truth about Me</b> Not all the thoughts we have about ourselves are true  DISCUSSION PSHE - R4, R12	<b>Real is a Big Deal (pt 1)</b> Discussing how different emotions feel  WORKSHEET PSHE - H4, R1	<b>Liar, Liar Candles on Fire</b> How lies have a habit of coming back  ACTIVITY PSHE - H2, R2	<b>HeartSmart Rules</b> Constructing HeartSmart rules for the classroom  ACTIVITY PSHE - L1, L2	<b>Fake is a Mistake Reflection</b> Circle time - What we have learned about Fake is a Mistake!  WORKSHEET PSHE - R1
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle  HS FILM PSHE - H3, H4	<b>Road signs</b> Finding alternative solutions to problems  ACTIVITY PSHE - H3	<b>Ways to Say</b> Looking at seemingly impossible situations in different ways  ACTIVITY PSHE - H4	<b>Rainbows from Rain</b> Overcoming challenges and difficulties  ACTIVITY PSHE - H3	<b>Get Back Up</b> Importance of getting back up and trying again  DISCUSSION PSHE - H3	<b>'The Heart and the Bottle'</b> Unpacking a story dealing with grief  STORY PSHE - H4, H5	<b>'No Way Through' isn't True Reflection</b> Circle time - What we have learned about 'No Way Through' isn't True! WORKSHEET PSHE - H3, H4