

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 - H2, R2	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another ACTIVITY PSHE - R2	Inside Out Recalling memories and associating a feeling with them FILM CLIP PSHE - H7	Guard your Heart Thinking about things we need to guard our hearts from GAME PSHE - R3	Growing gratitude Listing things we are grateful for and why ACTIVITY PSHE - H1	Need v want Considering and prioritising needs and wants 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	Wear it with pride Learning to accept the encouragement given to us by others ACTIVITY PSHE - R8	Love is... Considering what love is and what it isn't WORKSHEET PSHE - R9	Moana Comparing 'Te Fiti' before and after she 'let love in' FILM CLIP PSHE - R1	My squad Listing the people in our lives we are grateful for WORKSHEET PSHE - R4	Love yourself Making good choices to keep our hearts healthy ACTIVITY PSHE - H1, H3	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	Flip your phone How can you be #unselfie and doing something kind for others? WORKSHEET PSHE - R7	What's your emergency? How to respond in an emergency ACTIVITY PSHE - H15	Elizabeth Everest Honouring others for their kindness ACTIVITY PSHE - R7	No man is an island Working together, listening to one another and respecting other's views GAME PSHE - L8	Padlocked Privacy Discussing why it is important to keep personal information private WORKSHEET PSHE - H22	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! 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 - H1	Magic water Demonstrating the effects of saying sorry DISCUSSION PSHE - R7, R12	Play it out Considering different ways to respond to scenarios WORKSHEET PSHE - R2	Balloon blast Demonstrating the benefits of letting go of hurt ACTIVITY PSHE - R12	Marble Jar Discussion around how trust is built and betrayed FILM CLIP PSHE - R3	Who am I? Recognising and challenging stereotypes WORKSHEET PSHE - R16	Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out! WORKSHEET PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM PSHE - R2	Spot the Difference The real me is the best me ACTIVITY PSHE - R7	Shame Detectives Spotting shame and replacing it with truth WORKSHEET PSHE - H1, H6	Real is a Big Deal (pt 2) Discussion around sharing your true feelings ACTIVITY PSHE - H6	Build on Truth Importance of truth to build strong friendships DISCUSSION PSHE - R2, R3, R7	Heart Glasses Looking for ways to improve the school environment ACTIVITY PSHE - L7	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM PSHE - H6, H7	Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes) ACTIVITY PSHE - H5, H7	Imagine a Bright Future Imagining 'What if...' in a positive way ACTIVITY PSHE - H1, H2	David and Goliath Overcoming challenges and difficulties through the story DISCUSSION PSHE - H7	Dream Attitudes Developing the right attitudes to achieve our dreams WORKSHEET PSHE - H5, H7	Embracing Change How to manage change well ACTIVITY PSHE - H7, H8	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET PSHE - H6, H7