

| Unit                                  | Lesson 1                                                                              | Lesson 2                                                                                      | Lesson 3                                                                                | Lesson 4                                                                                   | Lesson 5                                                                        | Lesson 6                                                                    | Lesson 7                                                                                                                   |
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| <b>GET HEARTSMART</b>                 | <b>Get HEARTSMART</b><br>Introduction to HeartSmart                                   | <b>Power</b><br>How we can use our power in positive and negative ways                        | <b>Feelings Bingo</b><br>Understanding our emotions                                     | <b>What goes in, must come out - Worms!</b><br>What we put in our hearts is what comes out | <b>Guess Who?</b><br>Who we are grateful for in our class and why               | <b>Money, Money, Money</b><br>How people get money                          | <b>Get HEARTSMART Reflection</b><br>Circle time - What we have learned about Get HEARTSMART                                |
|                                       | HS FILM<br>PSHE - H2,R2                                                               | ACTIVITY<br>PSHE - R2, R12                                                                    | GAME<br>PSHE - R1, H4                                                                   | ACTIVITY<br>PSHE - H2                                                                      | GAME<br>PSHE - R9                                                               | WORKSHEET<br>PSHE - L6                                                      | WORKSHEET<br>PSHE - R2, R4                                                                                                 |
| <b>DON'T FORGET TO LET LOVE IN!</b>   | <b>Don't Forget to Let Love in!</b><br>Introduction to the 1st HeartSmart principle   | <b>Love Map</b><br>Identifying special people and how they show us love                       | <b>Truth or Lies</b><br>Differentiating between truths and lies about us                | <b>Would you Rather?</b><br>Game of preference                                             | <b>Thankful Tree</b><br>Listing things we are grateful for                      | <b>Looking After Me</b><br>Ways to take care of ourselves everyday          | <b>Don't Forget to Let Love in Reflection</b><br>Circle time - What we have learned about Don't Forget to Let Love in!     |
|                                       | HS FILM<br>PSHE - R1, R4                                                              | WORKSHEET<br>PSHE - R9                                                                        | ACTIVITY<br>PSHE - H3                                                                   | GAME<br>PSHE - L8                                                                          | ACTIVITY<br>PSHE - R5                                                           | ACTIVITY<br>PSHE - H1, H6, H7, H11                                          | WORKSHEET<br>PSHE - H4, R1                                                                                                 |
| <b>TOO MUCH SELFIE ISN'T HEALTHY!</b> | <b>Too Much Selfie isn't Healthy!</b><br>Introduction to the 2nd HeartSmart principle | <b>Who's Missing?</b><br>Developing an awareness of our surroundings and the people around us | <b>The Smartest Giant in Town</b><br>How can we help others? How have others helped us? | <b>Who Looks After Me?</b><br>Who looks after us? How can we show them our appreciation?   | <b>Teamwork - Monsters University</b><br>Working as a team to reach an end goal | <b>Helping Boris</b><br>Discussing simple rules to help keep us safe online | <b>Too Much Selfie isn't Healthy Reflection</b><br>Circle time - What we have learned about Too Much Selfie isn't Healthy! |
|                                       | HS FILM<br>PSHE - R1, R2                                                              | ACTIVITY<br>PSHE - L4                                                                         | STORY<br>PSHE - L1                                                                      | ACTIVITY<br>PSHE - H13                                                                     | FILM CLIP<br>PSHE - L3                                                          | WORKSHEET<br>PSHE - H12                                                     | WORKSHEET<br>PSHE - R1, R2                                                                                                 |



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