

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Power Plus Describing how we can use our power in positive and negative ways	Heart Decisions Considering the reputations we would like to have	Bright Hearts What is in our hearts, is played out in our words and actions	Happy Snappy Looking for things we are grateful for	Marshmallow Test Learning that there is a choice in spending and saving	Get HEARTSMART Reflection 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
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	I am cubes Recognising and celebrating our strengths and ways in which we are all unique	Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you	Boundin Discussion around how being thankful for what we have, changes our attitude	Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	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 - H3	ACTIVITY PSHE - L3	ACTIVITY PSHE - L8	FILM CLIP PSHE - H3	ACTIVITY PSHE - H1	WORKSHEET PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Spot the Difference Be aware of surroundings and the people around you by noticing differences	Secret Kindness Agents Looking for opportunities to do something kind for others	Everyday Heroes Thinking about people who look after us in our community	We all Fit Together Looking at how are we the same and how we are different	HeartSmart on the Playground, HeartSmart Online Rules for keeping 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	ACTIVITY PSHE - R4	ACTIVITY PSHE - L10	ACTIVITY PSHE - L9, R8	WORKSHEET PSHE - H12, H14, H15	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	That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends FILM CLIP PSHE - R6	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel ACTIVITY PSHE - H4	Let the Ouch Out Reflecting on helpful ways to deal with hurt WORKSHEET PSHE - H4, H5	Traffic Lights Ways to handle negative emotion ACTIVITY PSHE - H4, H13	Crumpled Hearts Demonstrating the consequences of teasing or bullying ACTIVITY PSHE - R13, 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	Grains of Sand There never has and never will be another one of me ACTIVITY PSHE - L8	The Truth about Me Not all the thoughts we have about ourselves are true DISCUSSION PSHE - R4, R12	Real is a Big Deal (pt 1) Discussing how different emotions feel WORKSHEET PSHE - H4, R1	Liar, Liar Candles on Fire How lies have a habit of coming back ACTIVITY PSHE - H2, R2	HeartSmart Rules Constructing HeartSmart rules for the classroom ACTIVITY PSHE - L1, L2	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	Road signs Finding alternative solutions to problems ACTIVITY PSHE - H3	Ways to Say Looking at seemingly impossible situations in different ways ACTIVITY PSHE - H4	Rainbows from Rain Overcoming challenges and difficulties ACTIVITY PSHE - H3	Get Back Up Importance of getting back up and trying again DISCUSSION PSHE - H3	'The Heart and the Bottle' Unpacking a story dealing with grief STORY PSHE - H4, H5	'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True! WORKSHEET PSHE - H3, H4