

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  HS FILM PSHE - H2,R2	<b>Batteries</b> Looking at ways we can be positive (kind) and negative (unkind) to one another  ACTIVITY PSHE - R2	<b>Inside Out</b> Recalling memories and associating a feeling with them  FILM CLIP PSHE - H7	<b>Guard your Heart</b> Thinking about things we need to guard our hearts from  GAME PSHE - R3	<b>Growing gratitude</b> Listing things we are grateful for and why  ACTIVITY PSHE - H1	<b>Need v want</b> Considering and prioritising needs and wants  ACTIVITY PSHE - L13	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  WORKSHEET PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle  HS FILM PSHE - H1, R2	<b>Wear it with pride</b> Learning to accept the encouragement given to us by others  ACTIVITY PSHE - R8	<b>Love is...</b> Considering what love is and what it isn't  WORKSHEET PSHE - R9	<b>Moana</b> Comparing 'Te Fiti' before and after she 'let love in'  FILM CLIP PSHE - R1	<b>My squad</b> Listing the people in our lives we are grateful for  WORKSHEET PSHE - R4	<b>Love yourself</b> Making good choices to keep our hearts healthy  ACTIVITY PSHE - H1, H3	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  WORKSHEET PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  HS FILM PSHE - R1, R2	<b>Flip your phone</b> How can you be #unselfie and doing something kind for others?  WORKSHEET PSHE - R7	<b>What's your emergency?</b> How to respond in an emergency  ACTIVITY PSHE - H15	<b>Elizabeth Everest</b> Honouring others for their kindness  ACTIVITY PSHE - R7	<b>No man is an island</b> Working together, listening to one another and respecting other's views  GAME PSHE - L8	<b>Padlocked Privacy</b> Discussing why it is important to keep personal information private  WORKSHEET PSHE - H22	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET PSHE - R1, R2



<p><b>DON'T RUB IT IN, RUB IT OUT</b></p>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p> <p>HS FILM PSHE - H1</p>	<p><b>Magic water</b> Demonstrating the effects of saying sorry</p> <p>DISCUSSION PSHE - R7, R12</p>	<p><b>Play it out</b> Considering different ways to respond to scenarios</p> <p>WORKSHEET PSHE - R2</p>	<p><b>Balloon blast</b> Demonstrating the benefits of letting go of hurt</p> <p>ACTIVITY PSHE - R12</p>	<p><b>Marble Jar</b> Discussion around how trust is built and betrayed</p> <p>FILM CLIP PSHE - R3</p>	<p><b>Who am I?</b> Recognising and challenging stereotypes</p> <p>WORKSHEET PSHE - R16</p>	<p><b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET PSHE - H1, H7</p>
<p><b>FAKE IS A MISTAKE</b></p>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM PSHE - R2</p>	<p><b>Spot the Difference</b> The real me is the best me</p> <p>ACTIVITY PSHE - R7</p>	<p><b>Shame Detectives</b> Spotting shame and replacing it with truth</p> <p>WORKSHEET PSHE - H1, H6</p>	<p><b>Real is a Big Deal (pt 2)</b> Discussion around sharing your true feelings</p> <p>ACTIVITY PSHE - H6</p>	<p><b>Build on Truth</b> Importance of truth to build strong friendships</p> <p>DISCUSSION PSHE - R2, R3, R7</p>	<p><b>Heart Glasses</b> Looking for ways to improve the school environment</p> <p>ACTIVITY PSHE - L7</p>	<p><b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!</p> <p>WORKSHEET PSHE - R2</p>
<p><b>'NO WAY THROUGH', ISN'T TRUE</b></p>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p> <p>HS FILM PSHE - H6, H7</p>	<p><b>Snakes and Ladders</b> Thinking about progress (ladders) and setbacks (snakes)</p> <p>ACTIVITY PSHE - H5, H7</p>	<p><b>Imagine a Bright Future</b> Imagining 'What if...' in a positive way</p> <p>ACTIVITY PSHE - H1, H2</p>	<p><b>David and Goliath</b> Overcoming challenges and difficulties through the story</p> <p>DISCUSSION PSHE - H7</p>	<p><b>Dream Attitudes</b> Developing the right attitudes to achieve our dreams</p> <p>WORKSHEET PSHE - H5, H7</p>	<p><b>Embracing Change</b> How to manage change well</p> <p>ACTIVITY PSHE - H7, H8</p>	<p><b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET PSHE - H6, H7</p>

