

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 - H1,R2	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful ACTIVITY PSHE - H6	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong WORKSHEET PSHE - H1	Smart with Your Heart Developing the knowledge and skills to make healthy choices ACTIVITY PSHE - H3	Gratitude Game Thinking of reasons to be thankful for a variety of objects/items GAME PSHE - H1	The Apprentice Beginning to develop an understanding of enterprise and enterprise skills ACTIVITY PSHE - L14, L16	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	What are you worth? Working out what we are worth ACTIVITY PSHE - H5	People say I am Encouraging one another with kind and positive words and being able to accept the words spoken about us ACTIVITY PSHE - L9	Thumbs Up Recalling significant events and people in our lives so far ACTIVITY PSHE - R4	Gratitude jar Thinking of things we are grateful for each week ACTIVITY PSHE - H1	Now and Forever Investigating how commonly available substances can damage our immediate and future health ACTIVITY PSHE - H17	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	All the Same, All Different Demonstrating ways we are different and ways we are the same GAME PSHE - L11,R13	Listen up! Practising being a good listener ACTIVITY PSHE - R10	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from today ACTIVITY PSHE - L11	Growing together Considering way we can be a good friend and support one another ACTIVITY PSHE - R10	Social media - good or bad? Discussing the benefits and dangers of social media DISCUSSION PSHE - H22,H24	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	Work it Out Developing strategies to resolve conflict and disputes	Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others	Way to Say Exploring how our tone and body language communicates more than our words	Bit by Bit Discussing how to build trust between friends	Deep Impact Considering the impact of bullying	Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out!
	HS FILM PSHE - H1	ACTIVITY PSHE - R12	DISCUSSION PSHE - R12	ACTIVITY PSHE - R2	ACTIVITY PSHE - R9, R21	ACTIVITY PSHE - R14	WORKSHEET PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	This is Me! Being proud of who we are	HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk	Boundaries for Respect Learning how to use boundaries to establish respectful friendships	Disagree in Love Listening to one another share different points of view with the goal of understanding	We All Have Rights Looking at the UNCRC	Fake is a Mistake Reflection What we have learned about Fake is a Mistake!
	HS FILM PSHE - R2	DISCUSSION PSHE - H6, H7, R16	DISCUSSION PSHE - H1, H6, H7	ACTIVITY PSHE - R3, R10, R18	ACTIVITY PSHE - R10, L1	ACTIVITY PSHE - L2, L3	WORKSHEET PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	The Bridge to Yet Demonstrating that 'No Way Through' isn't True!	Self-awareness Thinking about how we are feeling, why we feel that way and what we need	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going	Ordinary people, Extraordinary Hearts Thinking about people who inspire us because of who they are	Where the Magic Happens Learning to step out of our comfort zones	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!
	HS FILM PSHE - H6, H7	ACTIVITY PSHE - H1, H5, H7	ACTIVITY PSHE - H2, H16	ACTIVITY PSHE - H1, H7	ACTIVITY PSHE - H5	ACTIVITY PSHE - H8, H9	WORKSHEET PSHE - H6, H7

