

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

