

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART (Meet boris)	My HeartSmart Tool-belt Looking at Boris' special tools to learn what it means to be HeartSmart ACTIVITY PSSED-SC/SA	Becoming Boris Using junk materials to dress up as Boris ACTIVITY PSSED-MR	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox GAME PSSED-MR	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling ACTIVITY PSSED-MFB	My heart is full Talking about the things we love and how they make us feel. ACTIVITY PSSED-MFB	Heart hunt Looking for hidden hearts GAME PSSED-MR	N/A
DON'T FORGET TO LET LOVE IN! (I am special)	I am loved! Learning that each one of us is loved, special and important CIRCLE TIME PSSED-SC/SA	My favourite things Thinking about our favourite things and how they are all different. ACTIVITY PSSED-SC/SA	My Heart Talking about how we demonstrate different emotions. ACTIVITY PSSED-MFB	Twinkle Twinkle Thinking about what makes our friends special. GAME PSSED-MFB	Who am I? Children to find different objects they like ACTIVITY PSSED-SC/SA	EYFS has talent Demonstrating our different skills and talents. ACTIVITY PSSED-SC/SA	N/A
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	I love to... Discussion about who you love and what you love to do together ACTIVITY PSSED-MR	Parachute families Game to demonstrate how everyone's family is different GAME PSSED-MR	Sorting feelings Looking at ways people express how they are feeling and ways we can show we care ACTIVITY PSSED-MFB	How do you do? Exploring ways to show care and affection for others. GAME PSSED-MR	Helpful Hearts Thinking about how we show others we care when we offer our help. ACTIVITY PSSED-MR	Thank you for helping me Thanking members of the school community for their help. ACTIVITY PSSED-SC	N/A

DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)	Super friends Discussing what makes a super friend. ACTIVITY PSED-MR	Musical Friends Game to show the importance of including others GAME PSED-MR	Listening ears Game to encourage children to listen to one another. GAME PSED-MFB	Soft words, Hard words Thinking about the types of words we use and how they make others feel ACTIVITY PSED-MR	If I met the scrap man Being kind to others even when their behaviour is unkind. ACTIVITY PSED-MR	Grumpy Frog story Exploring saying sorry through story STORY PSED-MFB	N/A
FAKE IS A MISTAKE (I tell the truth)	Boris and the scrapman's lies Children to differentiate between lies and truth ACTIVITY PSED-MFB	Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words. ACTIVITY PSED-MFB	How Rabbit got his long Ears Story to explore the importance of telling the truth STORY PSED-MR	Hat Games Pretending to be someone else is fun but being me is better. ACTIVITY PSED-SC/SA	Thankful Heart Circle time to think about what the children are thankful for. CIRCLE TIME PSED-SC/SA	Tell me about you Sharing and celebrating differences in our home and families. SHOW AND TELL PSED-SC/SA	N/A
'NO WAY THROUGH', ISN'T TRUE (I can do it!)	Boris in the kitchen Considering how we can move forward from mistakes we make. DISCUSSION PSED-SC/SA	I can challenge Series of challenges for children to practice and complete ACTIVITY PSED-SC/SA	Stuck! Circle time to consider what to do when the children are stuck CIRCLE TIME PSED-SC/SA	When I grow up Game and discussion around what children want to do when they grow up GAME PSED-SC/SA	Magnetic Maze Activity to demonstrate persevering to find a way through ACTIVITY PSED-SC/SA	Changing Caterpillars Considering change through the life cycle of a caterpillar. ACTIVITY PSED-SC	N/A

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GET HEARTSMART HEARTSMART (Meet Boris)	Boris' Beginnings Boris the robot story- which voice should you listen to?	Build-a-Boris Make a robot from junk	Boris Shapes Make a robot from 2D shapes.	Happy and you know it Song to demonstrate different emotions.	Boris Face dough Different emotions using play dough	Boris' Hanging Hearts Heart rewards for children who are caught being kind.	N/A
	STORY PSSED-MR	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-MFB	ACTIVITY PSSED-MFB	ACTIVITY PSSED-MR	
DON'T FORGET TO LET LOVE IN! (I am special)	VIP Crowns Design and make a crown	Mirror, mirror Describe self in mirror and draw a self-portrait	I am special because I am... Game to encourage children to think about why they are special.	I am special song Children to suggest reasons they are special	Fingerprint tree Looking at uniqueness of fingerprints	All about me ball Circle time to tell the other children about yourself	N/A
	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-MR	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	Who is special to me? Who loves and cares for Boris? Who do you love and care for?	My house Who lives in your house?	Catch a smile Game to encourage children to share their smiles	Friendship web Circle time to use kind/encouraging words about one another.	A friend in need Game about look out for and helping friends in need.	Bird feeders How can we love the wildlife in our garden	N/A
	CIRCLE TIME PSSED-MR	ACTIVITY PSSED-SC	GAME PSSED-MR	CIRCLE TIME PSSED-MR	GAME PSSED-MR	ACTIVITY PSSED-SC	

RECEPTION

DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)	We're all friends together Thinking about what we like to do with our friends GAME PSED-MR	Sharing Island game Game to encourage sharing and co-operation GAME PSED-MR	Robots and mechanics Listening to instructions and co-operating with one another GAME PSED-MR	I am a kind friend Game to help children find simple ways to be kind to each other. ACTIVITY PSEC-MR	I make a good friend How to be a good friend. ACTIVITY PSED-MR	Emoji emotions Encouraging children to describe how they are feeling using emotions. ACTIVITY PSED-MFB	N/A
FAKE IS A MISTAKE (I tell the truth)	Boris has... Game to demonstrate the importance of being kind and truthful. GAME PSED-SC/SA	The truth according to Arthur story Talking about the importance of telling the truth. STORY PSED-MFB	Sorting words Sorting words into kind and unkind ACTIVITY PSED-MFB	Animal Game- thankful to be me Pretending to be something else is fun but being me is better. ACTIVITY PSED-MFB	Thankful Walk Walk around the school to spot things children are thankful for. ACTIVITY PSED-SC/SA	In my house Circle time to celebrate the different things we do with are families. ACTIVITY PSED-SC/SA	N/A
'NO WAY THROUGH', ISN'T TRUE (I can do it)	Nuts and bolts Challenge the children to match the correct nuts to the correct bolts ACTIVITY PSED-SC/SA	With my...I can Describing different things that the children can do with there amazing body CIRCLE TIME PSED-SC/SA	We're going on a bear hunt Interactive retelling of the story. ACTIVITY PSED-MFB	Incy Wincy Spider Learning perseverance from incy wincy spider. ACTIVITY PSED-MFB	Road blocks Moving cars around the mat by adhering to the road signs. ACTIVITY PSED-SC/SA	Cup stack challenge Challenge to see how many cups the children can stack before they collapse. ACTIVITY PSED-SC/SA	N/A



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GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF3, MW1 PSHE - H2, R2	Power How we can use our power in positive and negative ways ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12	Feelings Bingo Understanding our emotions GAME R&HE - MW2, MW3 PSHE - R1, H4	What goes in, must come out - Worms! What we put in our hearts is what comes out ACTIVITY R&HE - MW1 PSHE - H2	Guess Who? Who we are grateful for in our class and why GAME R&HE - CF1, CF2 PSHE - R9	Healthy Choices Helping Boris make good choices to keep healthy ACTIVITY R&HE - MW1, PH1 PSHE - H2	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle HS FILM R&HE - RR4, MW1 PSHE - R1, R4	Pants! Learning about appropriate and inappropriate contact WORKSHEET R&HE - BS3, BS4 PSHE - R10	Truth or Lies Differentiating between truths and lies about us ACTIVITY R&HE - MW1 PSHE - H3	Would you Rather? Game of preference GAME R&HE - CF3 PSHE - L8	Marshmallow Test Learning that there is a choice in spending and saving ACTIVITY R&HE - N/A PSHE - L7	Taking Care of Me Ways to take care of ourselves everyday ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	Who's Missing? Developing an awareness of our surroundings and the people around us ACTIVITY R&HE - CF1 PSHE - L4	The Smartest Giant in Town How can we help others? How have others helped us? STORY R&HE - CF2, CF3 PSHE - L1	Who Looks After Me? Who looks after us? How can we show them our appreciation? ACTIVITY R&HE - F1, F2, F4 PSHE - H13	Teamwork - Monsters University Working as a team to reach an end goal FILM CLIP R&HE - CF2 PSHE - L3	Helping Boris Discussing simple rules to help keep us safe online WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle	Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends	Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear	Chalk faces Different ways we can handle negative emotion effectively	Disappointed Robots Exploring different ways to handle disappointment	Builders and Wreckers How the words we use can build others up or knock them down	Reflection Circle time - What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H2	ACTIVITY R&HE - RR1, CF5 PSHE - R2, R4	ACTIVITY R&HE - CF4 PSHE - R1	ACTIVITY R&HE - MW2, MW3, MW4 PSHE - R6, R7	ACTIVITY R&HE - MW3 PSHE - H3, H4	ACTIVITY R&HE - MW8, RR6 PSHE - R11, R14	WORKSHEET R&HE - CF4, RR2 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	The Best Me Being yourself is the best you, you can be	Don't Hide What's Inside! Don't hide your true thoughts and feelings	Mask Making Thinking about who we can trust to talk to when we are sad or mad	Telephone Whispers How small lies can have a big impact	Smile! Looking at the importance of good oral hygiene and dental health	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R1	ACTIVITY R&HE - N/A PSHE - L8	ACTIVITY R&HE - CF3, F4 PSHE - R1, R5	ACTIVITY R&HE - CF5, BS6, BS7, BS8 PSHE - H13, H4	GAME R&HE - CF2 PSHE - R4, R2	WORKSHEET R&HE - HP4 PSHE - H1	WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	Mission Possible Learning from our experiences and trying again	Tummy Talk Trusting our instincts. Good secrets v bad secrets	Seeds of Potential There is potential in all of us	Hearts that Dream Creating Dreamboards to capture our hopes and dreams	Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost	'No Way Through' isn't True Reflection Circle time - What we have learned
	HS FILM R&HE - MW2 PSHE - H3, H4	ACTIVITY R&HE - MW4 PSHE - H3, R7	ACTIVITY R&HE - BS5, BS6 PSHE - R3, H15	ACTIVITY R&HE - RR1 PSHE - L1, L4, H9	ACTIVITY R&HE - MW6 PSHE - H2	WORKSHEET R&HE - MW2, MW3, MW9 PSHE - H5, R1	WORKSHEET R&HE - MW1 PSHE - H3, H4

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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	Love Map Identifying special people and how they show us love	Boris Face Plate Creating a robot face from healthy foods	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM R&HE - CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - CF3 PSHE - L1	ACTIVITY R&HE - CF2, MW4 PSHE - H2	ACTIVITY R&HE - MW3, MW4 PSHE - H2	WORKSHEET R&HE - F1, F3 PSHE - R9	ACTIVITY R&HE - HE2, HE3 PSHE - H1	WORKSHEET R&HE - CF3, MW1 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 R&HE - RR4, MW1, PSHE - R1, R4	WORKSHEET R&HE - RR4 PSHE - H3	ACTIVITY R&HE - RR4, RR5 PSHE - L3	ACTIVITY R&HE - N/A PSHE - L8	FILM CLIP R&HE - MW6 PSHE - H3	ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	WORKSHEET R&HE - RR4, MW1 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	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 R&HE -CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - CF1 PSHE - L4	ACTIVITY R&HE - CF3, RR2 PSHE - R4	ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



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DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H2	That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends FILM CLIP R&HE - CF4 PSHE - R6	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel ACTIVITY R&HE - MW3, MW4 PSHE - H4	Let the Ouch Out Reflecting on helpful ways to deal with hurt WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	Traffic Lights Ways to handle negative emotion ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	Crumpled Hearts Demonstrating the consequences of teasing or bullying ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14	Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out! WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R1	Grains of Sand There never has and never will be another one of me ACTIVITY R&HE - N/A PSHE - L8	The Truth about Me Not all the thoughts we have about ourselves are true DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	Real is a Big Deal Discussing how different emotions feel WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	Nice to Meet You! Looking at ways to be polite when meeting others GAME R&HE - RR3 PSHE - R8	Sun Safe! Thinking of ways to stay safe in the sun ACTIVITY R&HE - HP2 PSHE - H1	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H3, H4	Road signs Finding alternative solutions to problems ACTIVITY R&HE - MW2 PSHE - H3	Ways to Say Looking at seemingly impossible situations in different ways ACTIVITY R&HE - MW2, MW4 PSHE - H4	Rainbows from Rain Overcoming challenges and difficulties ACTIVITY R&HE - MW2, MW3 PSHE - H3	Imagine a Bright Future Imagining 'What if...' in a positive way ACTIVITY R&HE - MW1 PSHE - H1, H2	Energy Detectives Looking for signs of energy and thinking about ways to conserve it ACTIVITY R&HE - N/A PSHE - L1, L5	'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H3, H4



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GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another ACTIVITY R&HE - CF1, CF2 PSHE - R2	Inside Out Recalling memories and associating a feeling with them FILM CLIP R&HE - MW3, MW4 PSHE - H7	Guard your Heart Thinking about things we need to guard our hearts from GAME R&HE - CF5 PSHE - R3	My squad Listing the people in our lives we are grateful for WORKSHEET R&HE - F1, CF1 PSHE - R4	Full or Empty? Thinking of the benefits of living a healthy lifestyle WORKSHEET R&HE - PH1, PH3, PH4	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 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 R&HE - RR4, MW1 PSHE - H1, R2	Wear it with pride Learning to accept the encouragement given to us by others ACTIVITY R&HE - CF1, CF3 PSHE - L8	Love is... Considering what love is and what it isn't WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4	Moana Comparing 'Te Fiti' before and after she 'let love in' FILM CLIP R&HE - MW2, MW4, MW7 PSHE - R1	Growing gratitude Listing things we are grateful for and why ACTIVITY R&HE - RR3 PSHE - H1	Love yourself Making good choices to keep our hearts healthy ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	Flip your phone How can you be #unselfie and doing something kind for others? WORKSHEET R&HE - CF3, RR2 PSHE - R7	What's your emergency? How to respond in an emergency ACTIVITY R&HE - BFA1 PSHE - H15	Elizabeth Everest Honouring others for their kindness ACTIVITY R&HE - RR5 PSHE - R7	No man is an island Working together, listening to one another and respecting other's views GAME R&HE - CF2, CF3 PSHE - L8	Padlocked Privacy Discussing why it is important to keep personal information private WORKSHEET R&HE - OR3, OR5 PSHE - H22	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



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DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 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	Reflection What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R7, R12	WORKSHEET R&HE - CF4 PSHE - R2	ACTIVITY R&HE - CF4, MW2 PSHE - R12	FILM CLIP R&HE - CF2, CF5 PSHE - R3	WORKSHEET R&HE - RR7 PSHE - R16	WORKSHEET R&HE - CF4, RR2 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	Circle of Trust Thinking about appropriate and inappropriate contact	Build on Truth Importance of truth to build strong friendships	Allergy Allies! Learning the facts and science about allergies	Fake is a Mistake Reflection What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	ACTIVITY R&HE - OR1, ISH6 PSHE - R7	WORKSHEET R&HE - CF3, MW2 PSHE - H1, H6	WORKSHEET R&HE - BS3, BS5 PSHE - H1	DISCUSSION R&HE - CF2 PSHE - R2, R3, R7	DISCUSSION R&HE - HP6	WORKSHEET R&HE - CF2 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)	Get Back Up Importance of getting back up and trying again	I can help! Learning how to respond to emergency first aid situations	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 R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3, MW4 PSHE - H5, H7	DISCUSSION R&HE - MW1 PSHE - H7	ACTIVITY R&HE - BFA2 PSHE - H15	WORKSHEET R&HE - MW1 PSHE - H5, H7	ACTIVITY R&HE - MW2, MW3, MW4 PSHE - H7, H8	WORKSHEET R&HE - MW2 PSHE - H6, H7

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GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Words have power Demonstrating consequences of the words we use about ourselves and others	Reap what you sow Suggesting ways we can grow a desired characteristic e.g. kindness	Wily wolf Thinking about and discussing how we know who we can trust	Family Recipe Thinking about the characteristics that make a healthy family life	Healthy Minds Recognising what positively and negatively affects our mental health	Get HEARTSMART Reflection What we have learned about Get HEARTSMART
	HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	ACTIVITY R&HE - MW8, RR5, RR6 PSHE - R7	ACTIVITY R&HE - CF2 PSHE - R11	DISCUSSION R&HE - BS1, BS5 PSHE - R21, H23	ACTIVITY R&HE - F2 PSHE - R4	WORKSHEET R&HE - MW1, MW10 PSHE - H1, H14	WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	Heart to heart Looking at ways we feel loved	Brilliant me ball Celebrating our strengths and achievements	One in a million Comparing measurements to determine our uniqueness	Don't agree with I don't like me Highlighting things about our bodies we are grateful for	Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - H1, R2	ACTIVITY R&HE - F1, F3, F4 PSHE - R2	ACTIVITY R&HE - RR4 PSHE - H5	ACTIVITY R&HE - N/A PSHE - H5	ACTIVITY R&HE - MW4 PSHE - H1	ACTIVITY R&HE - HP5 PSHE - H12	WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	What's missing? Being aware of surroundings and people around you	Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language	Unseen heroes Thinking about and thanking the unseen heroes of our local community	Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal	True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	GAME R&HE - CF1 PSHE - L7, H23	ACTIVITY R&HE - MW2, MW3 PSHE - R1	ACTIVITY R&HE - RR5, BS8 PSHE - H23	GAME R&HE - CF2, CF3 PSHE - R11, R12	WORKSHEET R&HE - ISH2, ISH7 PSHE - H24	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

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DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Saying sorry Discussing ways to fix broken friendships DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R12	Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others DISCUSSION R&HE - CF4, MW3 PSHE - H1	Good stress, bad stress Talking about different types of stress and ways to manage negative stress ACTIVITY R&HE - MW5, MW9 PSHE - H6	Boundaries Learning about personal boundaries DISCUSSION R&HE - RR8, BS1 PSHE - R21	Be Kind Online Recognising and dealing with online abuse WORKSHEET R&HE - ISH1, ISH5, ISH7 PSHE - R18	Reflection What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	Human BEings not DOings Celebrating one another for who we are not what we do ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5	Voice of Love Who speaks into our lives and are they using the voice of love? WORKSHEET R&HE - F2, CF3 PSHE - H1, R10	Speak Truth Having the courage to tell the truth isn't always easy STORY R&HE - CF5 PSHE - R2, H13	Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10	Risky Business Learning the facts and risks associated with smoking ACTIVITY R&HE - DAT1 PSHE - H17	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge ACTIVITY R&HE - MW3, MW4 PSHE - H7	Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals WORKSHEET R&HE - MW4, MW5 PSHE - H16	Just Keep Swimming How to persevere and hold onto hope FILM CLIP R&HE - MW3, MW4 PSHE - H7, R2	Dreamers Dreaming of the future ACTIVITY R&HE - N/A PSHE - H5	Changing Me! Key facts about the changes that take place in puberty between 9 - 11 WORKSHEET R&HE - CAB1 PSHE - H8, H13	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	Boss v Leader Considering how powerful people lead others ACTIVITY R&HE - RR1, BS4 PSHE - L6	Lion Heart Describing the heart reputation we would like ACTIVITY R&HE - CF2, RR1 PSHE - H5	Watch What You Watch Watch Discussing how to know what we should and shouldn't watch WORKSHEET R&HE - ISH2, ISH4 PSHE - H2	Letter of Thanks Writing letters of thanks to people who support and encourage us ACTIVITY R&HE - F1, F2, F4 PSHE - R4	Sleep Well Thinking about the importance of good quality sleep for health DISCUSSION R&HE - HP3 PSHE - H2	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 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 R&HE - RR4, MW1 PSHE - H1, R2	Gunner Making the connection between Gunner's story and Don't Forget to Let Love In! ACTIVITY R&HE - CF2 PSHE - R11	Make the Right Voice Choice Considering the way the words we listen to about ourselves make us feel ACTIVITY R&HE - F6, CF5, MW1 PSHE - H1	Under Pressure Thinking about different sources of pressure, including from our friends, and ways we can respond ACTIVITY R&HE - BS5, BS8 PSHE - H13, H14	Allocating Resources Recognising that resources can be allocated in different ways and these choices affect others ACTIVITY R&HE - N/A PSHE - L15	Help! Who to go to for help and how to keep asking until help is given ACTIVITY R&HE - BS6, BS7, BS8 PSHE - H23	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	When I'm Feeling Lonely... What we can do when we feel lonely ACTIVITY R&HE - MW7, OR4 PSHE - H1	Read My Lips Listening to what others say GAME R&HE - RR1, RR2 PSHE - R10	Honour Thinking of people who deserve honour and suggesting ways to honour them ACTIVITY R&HE - RR5 PSHE - L9, L11	Great Groups to investigate the purpose and role of different groups (inc. pressure groups) ACTIVITY R&HE - N/A PSHE - L10	Be Aware What You Share Developing an awareness of what you should and shouldn't share online ACTIVITY R&HE - OR1, OR4, ISH3 PSHE - H25	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

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DON'T HOLD ON TO WHAT'S WRONG	Don't Hold on to What's Wrong! Introduction to the 3rd HeartSmart principle	Different Perspective Developing simple strategies to resolve conflict	Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness	Emotions don't drive! How to handle our emotions	I did not I am Discussing how we respond to our own mistakes	Bully Busting Recognise bullying in all its forms and thinking about strategies to deal with bullying	Reflection What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	ACTIVITY R&HE - CF4, RR2 PSHE - R7, R12, L8	DISCUSSION R&HE - MW1 PSHE - R2	ACTIVITY R&HE - MW2, MW3 PSHE - H6	DISCUSSION R&HE - MW3 PSHE - H1	WORKSHEET R&HE - RR6, MW8 PSHE - R18	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	Time To Get Real How images we see online and in the media don't always represent reality	No Need to Hide What's Inside Exploring how shame can make us want to hide how we really feel	Soft Shells Knowing who we can trust to be vulnerable and open with	Hearts that Welcome Feedback How feedback can help us grow	Decisions, Decisions! Finding out about the risks associated with alcohol for young people	Fake is a Mistake Reflection What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	DISCUSSION R&HE - OR1, OR4, ISH6 PSHE - H4, L17, L18	ACTIVITY R&HE - CF3, MW2, MW3 PSHE - H7, H14, R9	FILM CLIP R&HE - CF2, BS1, BS8 PSHE - R2, R21	ACTIVITY R&HE - CF1, CF3 PSHE - R1, R7, R12	ACTIVITY R&HE - DAT1 PSHE - H17	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	Egg in the Flask Demonstrating that 'No Way Through' isn't True!	Success isn't always what you see How the successes we achieve on the inside can often be greater than those seen on the outside	Hope Light Looking at the power of Hope and how it can keep us going	Period Relay Key facts about the menstrual cycle	What am I? How to look after ourselves during puberty	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW4 PSHE - H7	WORKSHEET R&HE - MW4 PSHE - H1, H5	ACTIVITY R&HE - MW1, MW4 PSHE - H1, H5	WORKSHEET R&HE - CAB2 PSHE - H13	GAME R&HE - CAB1, CAB2 PSHE - H13	WORKSHEET R&HE - MW2 PSHE - H6, H7

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GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful ACTIVITY R&HE - RR4, MW6 PSHE - H6	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	Secret Scenarios Recognising when it is right to keep a secret and when a secret should be shared DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	Tying the Knot Recognising the importance of commitment in marriage ACTIVITY R&HE - F5 PSHE - R5	Healthy Food, Healthy Heart Learning about the Eatwell plate and how to plan a healthy meal ACTIVITY R&HE - HE2 PSHE - H3	Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET R&HE - CF1, CF3, MW1 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 R&HE - RR4, MW1 PSHE - H1, R2	What are you worth? Working out what we are worth ACTIVITY R&HE - RR4 PSHE - H5	People say I am Encouraging one another with kind and positive words & accepting the words spoken about us ACTIVITY R&HE - CF3 PSHE - H5	Thumbs Up Recalling significant events and people in our lives so far ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	Gratitude jar Thinking of things we are grateful for each week ACTIVITY R&HE - MW1 PSHE - H1	Signs to Spot Identifying early signs of illness ACTIVITY R&HE - HP1 PSHE - N/A	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	All the Same, All Different Demonstrating ways we are different and ways we are the same GAME R&HE - CF3, RR1, RR5 PSHE - L11,R13	Listen up! Practising being a good listener ACTIVITY R&HE - CF4, RR1 PSHE - R10	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from ACTIVITY R&HE - RR5 PSHE - L11	Growing together Considering ways we can be a good friend and support one another ACTIVITY R&HE - CF2, CF3 PSHE - R10	Social media - good or bad? Discussing the benefits and dangers of social media DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

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DON'T HOLD ON TO WHAT'S WRONG	Don't Hold on to What's Wrong Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Work it Out Developing strategies to resolve conflict and disputes ACTIVITY R&HE - CF4, RR2 PSHE - R12	Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others DISCUSSION R&HE - MW1 PSHE - R12	Way to Say Exploring how our tone and body language communicates more than our words ACTIVITY R&HE - RR2, OR1 PSHE - R2	Bit by Bit Discussing how to build trust between friends ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21	Deep Impact Considering the impact of bullying ACTIVITY R&HE- RR6, MW8 PSHE - R14	Reflection What we have learned about WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	This is Me! Being proud of who we are DISCUSSION R&HE - N/A PSHE - H6, H7, R16	HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk DISCUSSION R&HE - MW1 PSHE - H1, H6, H7	Boundaries for Respect Learning how to use boundaries to establish respectful friendships ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18	Vaccines - Facts vs Fake News! Finding out facts about vaccinations ACTIVITY R&HE - HP6, ISH6 PSHE -	Fix it, Find out, Fit in! Find out facts about legal and illegal substances and their risks ACTIVITY R&HE - DAT1 PSHE - H17	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	The Bridge to Yet Demonstrating that 'No Way Through' isn't True! ACTIVITY R&HE - MW3 PSHE-H1, H5, H7	Self-awareness Thinking about how we are feeling, why we feel that way and what we need ACTIVITY R&HE - MW1, MW3, MW4 PSHE - H2, H16	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going ACTIVITY R&HE - MW4 PSHE - H1, H7	Where the Magic Happens Learning to step out of our comfort zones ACTIVITY R&HE - MW4 PSHE - H8, H9	Under Construction - the teenage brain! How the brain changes during puberty ACTIVITY R&HE - CAB1 PSHE - H13	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7



