

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 PSED-SC/SA	Becoming Boris Using junk materials to dress up as Boris ACTIVITY PSED-MR	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox GAME PSED-MR	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling ACTIVITY PSED-MFB	My heart is full Talking about the things we love and how they make us feel. ACTIVITY PSED-MFB	Heart hunt Looking for hidden hearts GAME PSED-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 PSED-SC/SA	My favourite things Thinking about our favourite things and how they are all different. ACTIVITY PSED-SC/SA	My Heart Talking about how we demonstrate different emotions. ACTIVITY PSED-MFB	Twinkle Twinkle Thinking about what makes our friends special. GAME PSED-MFB	Who am I? Children to find different objects they like ACTIVITY PSED-SC/SA	EYFS has talent Demonstrating our different skills and talents. ACTIVITY PSED-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 PSED-MR	Parachute families Game to demonstrate how everyone's family is different GAME PSED-MR	Sorting feelings Looking at ways people express how they are feeling and ways we can show we care ACTIVITY PSED-MFB	How do you do? Exploring ways to show care and affection for others. GAME PSED-MR	Helpful Hearts Thinking about how we show others we care when we offer our help. ACTIVITY PSED-MR	Thank you for helping me Thanking members of the school community for their help. ACTIVITY PSED-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	<p>Get HEARTSMART Introduction to HeartSmart</p> <p>HS FILM R&HE - CF3, MW1 PSHE - H2, R2</p>	<p>Power How we can use our power in positive and negative ways</p> <p>ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12</p>	<p>Feelings Bingo Understanding our emotions</p> <p>GAME R&HE - MW2, MW3 PSHE - R1, H4</p>	<p>What goes in, must come out - Worms! What we put in our hearts is what comes out</p> <p>ACTIVITY R&HE - MW1 PSHE - H2</p>	<p>Guess Who? Who we are grateful for in our class and why</p> <p>GAME R&HE - CF1, CF2 PSHE - R9</p>	<p>Healthy Choices Helping Boris make good choices to keep healthy</p> <p>ACTIVITY R&HE - MW1, PH1 PSHE - H2</p>	<p>Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4</p>
DON'T FORGET TO LET LOVE IN!	<p>Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle</p> <p>HS FILM R&HE - RR4, MW1 PSHE - R1, R4</p>	<p>Pants! Learning about appropriate and inappropriate contact</p> <p>WORKSHEET R&HE - BS3, BS4 PSHE - R10</p>	<p>Truth or Lies Differentiating between truths and lies about us</p> <p>ACTIVITY R&HE - MW1 PSHE - H3</p>	<p>Would you Rather? Game of preference</p> <p>GAME R&HE - CF3 PSHE - L8</p>	<p>Marshmallow Test Learning that there is a choice in spending and saving</p> <p>ACTIVITY R&HE - N/A PSHE - L7</p>	<p>Taking Care of Me Ways to take care of ourselves everyday</p> <p>ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11</p>	<p>Don't Forget to Let Love in! Circle time - What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1</p>
TOO MUCH SELFIE ISN'T HEALTHY!	<p>Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle</p> <p>HS FILM R&HE - CF2, CF3 PSHE - R1, R2</p>	<p>Who's Missing? Developing an awareness of our surroundings and the people around us</p> <p>ACTIVITY R&HE - CF1 PSHE - L4</p>	<p>The Smartest Giant in Town How can we help others? How have others helped us?</p> <p>STORY R&HE - CF2, CF3 PSHE - L1</p>	<p>Who Looks After Me? Who looks after us? How can we show them our appreciation?</p> <p>ACTIVITY R&HE - F1, F2, F4 PSHE - H13</p>	<p>Teamwork - Monsters University Working as a team to reach an end goal</p> <p>FILM CLIP R&HE - CF2 PSHE - L3</p>	<p>Helping Boris Discussing simple rules to help keep us safe online</p> <p>WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12</p>	<p>Too Much Selfie isn't Healthy! Circle time - What we have learned about Too Much Selfie isn't Healthy!</p> <p>WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2</p>



<p>DON'T HOLD ON TO WHAT'S WRONG</p>	<p>Lesson 1 Introduction to the 3rd HeartSmart principle</p>	<p>Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends</p>	<p>Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear</p>	<p>Chalk faces Different ways we can handle negative emotion effectively</p>	<p>Disappointed Robots Exploring different ways to handle disappointment</p>	<p>Builders and Wreckers How the words we use can build others up or knock them down</p>	<p>Reflection Circle time - What we have learned about</p>
<p>FAKE IS A MISTAKE</p>	<p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p>	<p>The Best Me Being yourself is the best you, you can be</p>	<p>Don't Hide What's Inside! Don't hide your true thoughts and feelings</p>	<p>Mask Making Thinking about who we can trust to talk to when we are sad or mad</p>	<p>Telephone Whispers How small lies can have a big impact</p>	<p>Smile! Looking at the importance of good oral hygiene and dental health</p>	<p>Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake!</p>
<p>'NO WAY THROUGH', ISN'T TRUE</p>	<p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p>	<p>Mission Possible Learning from our experiences and trying again</p>	<p>Tummy Talk Trusting our instincts. Good secrets v bad secrets</p>	<p>Seeds of Potential There is potential in all of us</p>	<p>Hearts that Dream Creating Dreamboards to capture our hopes and dreams</p>	<p>Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost</p>	<p>'No Way Through' isn't True Reflection Circle time - What we have learned</p>



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GET HEARTSMART	<p>Get HEARTSMART Introduction to HeartSmart</p> <p>HS FILM R&HE - CF3, MW1 PSHE - H2,R2</p>	<p>Power Plus Describing how we can use our power in positive and negative ways</p> <p>ACTIVITY R&HE - CF3 PSHE - L1</p>	<p>Heart Decisions Considering the reputations we would like to have</p> <p>ACTIVITY R&HE - CF2, MW4 PSHE - H2</p>	<p>Bright Hearts What is in our hearts, is played out in our words and actions</p> <p>ACTIVITY R&HE - MW3, MW4 PSHE - H2</p>	<p>Love Map Identifying special people and how they show us love</p> <p>WORKSHEET R&HE - F1, F3 PSHE - R9</p>	<p>Boris Face Plate Creating a robot face from healthy foods</p> <p>ACTIVITY R&HE - HE2, HE3 PSHE - H1</p>	<p>Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&HE - CF3, MW1 PSHE - R2,R4</p>
DON'T FORGET TO LET LOVE IN!	<p>Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle</p> <p>HS FILM R&HE - RR4, MW1, PSHE - R1, R4</p>	<p>I am cubes Recognising and celebrating our strengths and ways in which we are all unique</p> <p>WORKSHEET R&HE - RR4 PSHE - H3</p>	<p>Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves</p> <p>ACTIVITY R&HE - RR4, RR5 PSHE - L3</p>	<p>Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you</p> <p>ACTIVITY R&HE - N/A PSHE - L8</p>	<p>Boundin Discussion around how being thankful for what we have, changes our attitude</p> <p>FILM CLIP R&HE - MW6 PSHE - H3</p>	<p>Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves</p> <p>ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1</p>	<p>Don't Forget to Let Love in! Circle time - What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1</p>
TOO MUCH SELFIE ISN'T HEALTHY!	<p>Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle</p> <p>HS FILM R&HE -CF2, CF3 PSHE - R1, R2</p>	<p>Spot the Difference Be aware of surroundings and the people around you</p> <p>ACTIVITY R&HE - CF1 PSHE - L4</p>	<p>Secret Kindness Agents Looking for opportunities to do something kind for others</p> <p>ACTIVITY R&HE - CF3, RR2 PSHE - R4</p>	<p>Everyday Heroes Thinking about people who look after us in our community</p> <p>ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10</p>	<p>We all Fit Together Looking at how are we the same and how we are different</p> <p>ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8</p>	<p>HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online</p> <p>WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15</p>	<p>Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!</p> <p>WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2</p>



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

