

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



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