

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart <b>Who are my five trusted adults?</b>	<b>Boss v Leader</b> Considering how powerful people lead others  <b>What to do if someone makes you feel uncomfortable.</b>	<b>Lion Heart</b> Describing the heart reputation we would like	<b>Watch What You Watch Watch</b> Discussing how to know what we should and shouldn't watch <b>Who can I go to if something makes me uncomfortable? Five trusted adults</b>	<b>Letter of Thanks</b> Writing letters of thanks to people who support and encourage us  <b>Who are my five trusted adults?</b>	<b>Sleep Well</b> Thinking about the importance of good quality sleep for health	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART
	HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - RR1, BS4 PSHE - L6	ACTIVITY R&HE - CF2, RR1 PSHE - H5	WORKSHEET R&HE - ISH2, ISH4 PSHE - H2	ACTIVITY R&HE - F1, F2, F4 PSHE - R4	DISCUSSION R&HE - HP3 PSHE - H2	WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle	<b>Gunner</b> Making the connection between Gunner's story and Don't Forget to Let Love In!	<b>Make the Right Voice Choice</b> Considering the way the words we listen to about ourselves make us feel	<b>Under Pressure</b> Thinking about different sources of pressure, including from our friends, and ways we can respond  <b>What to do/who to speak to if something makes us feel uncomfortable</b>	<b>Allocating Resources</b> Recognising that resources can be allocated in different ways and these choices affect others	<b>Help!</b> Who to go to for help and how to keep asking until help is given <b>Who are my five trusted adults?</b>	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - H1, R2	ACTIVITY R&HE - CF2 PSHE - R11	ACTIVITY R&HE - F6, CF5, MW1 PSHE - H1	ACTIVITY R&HE - BS5, BS8 PSHE - H13, H14	ACTIVITY R&HE - N/A PSHE - L15	ACTIVITY R&HE - BS6, BS7, BS8 PSHE - H23	WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle	<b>When I'm Feeling Lonely...</b> What we can do when we feel lonely  SAD BOOK	<b>Read My Lips</b> Listening to what others say  <b>When to listen and when to ignore</b>	<b>Honour</b> Thinking of people who deserve honour and suggesting ways to honour them  <b>Respect for all</b>  Not like the others No difference between us The story of the lost bear and two suns	<b>Great Groups</b> to investigate the purpose and role of different groups (inc. pressure groups) <b>Which groups can support you? Include groups to support LGBT</b> SAD BOOK	<b>Be Aware What You Share</b> Developing an awareness of what you should and shouldn't share online <b>Who are my five trusted adults?</b>	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!



	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - MW7, OR4 PSHE - H1	GAME R&HE- RR1, RR2 PSHE - R10	ACTIVITY R&HE - RR5 PSHE - L9, L11	ACTIVITY R&HE - N/A PSHE - L10	ACTIVITY R&HE - OR1, OR4, ISH3 PSHE - H25	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2
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<b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle	<b>Different Perspective</b> Developing simple strategies to resolve conflict	<b>Nelson Mandela</b> Describing what Nelson Mandela's life teaches us about forgiveness	<b>Emotions don't drive!</b> How to handle our emotions <b>SAD BOOK</b> <b>Thomas had a temper</b> <b>Badger's Parting Gifts</b>	<b>I did not I am</b> Discussing how we respond to our own mistakes	<b>Bully Busting</b> Recognise bullying in all its forms and thinking about strategies to deal with bullying <b>Respect for all – link to LGBT</b>	<b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!
	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
<b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle	<b>Time To Get Real</b> How images we see online and in the media don't always represent reality	<b>No Need to Hide What's Inside</b> Exploring how shame can make us want to hide how we really feel <b>Who can we talk to when we feel uncomfortable in a situation</b>	<b>Soft Shells</b> Knowing who we can trust to be vulnerable and open with <b>When is it ok to be vulnerable and when do we need our 'hard shell'? – Five trusted adults</b>	<b>Hearts that Welcome Feedback</b> How feedback can help us grow	<b>Decisions, Decisions!</b> Finding out about the risks associated with alcohol for young people	<b>Fake is a Mistake Reflection</b> 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
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle	<b>Egg in the Flask</b> Demonstrating that 'No Way Through' isn't True! <b>Who are my five trusted adults?</b>	<b>Success isn't always what you see</b> How the successes we achieve on the inside can often be greater than those seen on the outside	<b>Hope Light</b> Looking at the power of Hope and how it can keep us going <b>Celebrating our differences race, gender, religion, sexuality</b> <b>The Prince and the frog</b> <b>Not like others</b> <b>No difference between us</b>	<b>Personal safety</b> How to keep myself safe online and with age-appropriate social media What is acceptable? How can my actions have an impact on others? Who can I talk to if something that happens makes me feel uncomfortable? <b>NOT HEARTSMART LESSON</b>	<b>What am I?</b> How to look after ourselves as our bodies change. Importance of maintaining personal hygiene <b>NOT HEARTSMART LESSON</b>	<b>'No Way Through' isn't True Reflection</b> 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 - MW2 PSHE - H6, H7



