

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



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

