| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 |
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| **GET HEARTSMART HEARTSMART (Meet Boris)** | **Boris' Beginnings** Boris the robot story- which voice should you listen to?<br><br>STORY<br>PSED-MR | **Build-a-Boris** Make a robot from junk<br><br>ACTIVITY<br>PSED-SC/SA | **Boris Shapes** Make a robot from 2D shapes.<br><br>ACTIVITY<br>PSED-SC/SA | **Happy and you know it** Song to demonstrate different emotions.<br><br>ACTIVITY<br>PSED-MFB | **Boris Face dough** Different emotions using play dough<br><br>ACTIVITY<br>PSED-MFB | **Boris' Hanging Hearts** Heart rewards for children who are caught being kind.<br><br>ACTIVITY<br>PSED-MR | **N/A** |
| **DON'T FORGET TO LET LOVE IN! (I am special)** | **VIP Crowns** Design and make a crown<br><br>ACTIVITY<br>PSED-SC/SA | **Mirror, mirror** Describe self in mirror and draw a self-portrait<br><br>ACTIVITY<br>PSED-MR | **I am special because I am…** Game to encourage children to think about why they are special.<br><br>ACTIVITY<br>PSED-SC/SA | **I am special song** Children to suggest reasons they are special<br><br>ACTIVITY<br>PSED-SC/SA | **Fingerprint tree** Looking at uniqueness of fingerprints<br><br>ACITIVITY<br>PSED-SC/SA | **All about me ball** Circle time to tell the other children about yourself<br><br>ACTIVITY<br>PSED-SC/SA | **N/A** |
| **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?<br><br>CIRCLE TIME<br>PSED-MR | **My house** Who lives in your house?<br><br>ACTIVITY<br>PSED-SC | **Catch a smile** Game to encourage children to share there smiles<br><br>GAME<br>PSED-MR | **Friendship web** Circle time to use kind/encouraging words about one another.<br><br>CIRCLE TIME<br>PSED-MR | **A friend in need** Game about look out for and helping friends in need.<br><br>GAME<br>PSED-MR | **Bird feeders** How can we love the wildlife in our garden<br><br>ACTIVITY<br>PSED-SC | **N/A** |

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| **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<br><br>GAME<br>PSED-MR | **Sharing Island game** Game to encourage sharing and co-operation<br><br>GAME<br>PSED-MR | **Robots and mechanics** Listening to instructions and co-operating with one another<br><br>GAME<br>PSED-MR | **I am a kind friend** Game to help children find simple ways to be kind to each over.<br><br>ACTIVITY<br>PSEC-MR | **I make a good friend** How to be a good friend.<br><br>ACTIVITY<br>PSED-MR | **Emoji emotions** Encouraging children to describe how they are feeling using emotions.<br><br>ACTIVITY<br>PSED-MFB | **N/A** |
| **FAKE IS A MISTAKE (I tell the truth)** | **Boris has…** Game to demonstrate the importance of being kind and truthful.<br><br>GAME<br>PSED-SC/SA | **The truth according to Arthur story** Talking about the importance of telling the truth.<br><br>STORY<br>PSED-MFB | **Sorting words** Sorting words into kind and unkind<br><br>ACTIVITY<br>PSED-MFB | **Animal Game- thankful to be me** Pretending to be something else is fun but being me is better.<br><br>ACTIVITY<br>PSED-MFB | **Thankful Walk** Walk around the school to spot things children are thankful for.<br><br>ACTIVITY<br>PSED-SC/SA | **In my house** Circle time to celebrate the different things we do with are families.<br><br>ACTIVITY<br>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<br><br>ACTIVITY<br>PSED-SC/SA | **With my…I can** Describing different things that the children can do with there amazing body<br><br>CIRCLE TIME<br>PSED-SC/SA | **We're going on a bear hunt** Interactive retelling of the story.<br><br>ACTIVITY<br>PSED-MFB | **Incy Wincy Spider** Learning perseverance from incy wincy spider.<br><br>ACTIVITY<br>PSED-MFB | **Road blocks** Moving cars around the mat by adhering to the road signs.<br><br>ACTICITY<br>PSED-SC/SA | **Cup stack challenge** Challenge to see how many cups the children can stack before they collapse.<br><br>ACTIVITY<br>PSED-SC/SA | **N/A** |

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| **GET HEARTSMART (Meet boris)** | **My HeartSmart Tool-belt** Looking at Boris' special tools to learn what it means to be HeartSmart<br><br>ACTIVITY<br>PSED-SC/SA | **Becoming Boris** Using junk materials to dress up as Boris<br><br>ACTIVITY<br>PSED-MR | **Fill Boris' Toolbox** Roll a dice to find the missing tools from Boris' toolbox<br><br>GAME<br>PSED-MR | **How do they feel?** Learning to read facial expressions and body language to understand how someone is feeling<br><br>ACTIVITY<br>PSED-MFB | **My heart is full** Talking about the things we love and how they make us feel.<br><br>ACTIVITY<br>PSED-MFB | **Heart hunt** Looking for hidden hearts<br><br>GAME<br>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<br><br>CIRCLE TIME<br>PSED-SC/SA | **My favourite things** Thinking about our favourite things and how they are all different.<br><br>ACTIVITY<br>PSED-SC/SA | **My Heart** Talking about how we demonstrate different emotions.<br><br>ACTIVITY<br>PSED-MFB | **Twinkle Twinkle** Thinking about what makes our friends special.<br><br>GAME<br>PSED-MFB | **Who am I?** Children to find different objects they like<br><br>ACTIVITY<br>PSED-SC/SA | **EYFS has talent** Demonstrating our different skills and talents.<br><br>ACTIVITY<br>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<br><br>ACTIVITY<br>PSED-MR | **Parachute families** Game to demonstrate how everyones family is different<br><br>GAME<br>PSED-MR | **Sorting feelings** Looking at ways people express how they are feeling and ways we can show we care<br><br>ACTIVITY<br>PSED-MFB | **How do you do?** Exploring ways to show care and affection for others.<br><br>GAME<br>PSED-MR | **Helpful Hearts** Thinking about how we show others we care when we offer our help.<br><br>ACTIVITY<br>PSED-MR | **Thank you for helping me** Thanking members of the school community for their help.<br><br>ACTIVITY<br>PSED-SC | **N/A** |

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| **DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)** | **Super friends** Discussing what makes a super friend.<br><br>ACTIVITY<br>PSED-MR | **Musical Friends** Game to show the importance of including others<br><br>GAME<br>PSED-MR | **Listening ears** Game to encourage children to listen to one another.<br><br>GAME<br>PSED-MFB | **Soft words, Hard words** Thinking about the types of words we use and how they make others feel<br><br>ACTIVITY<br>PSED-MR | **If I met the scrap man** Being kind to others even when their behaviour is unkind.<br><br>ACTIVITY<br>PSED-MR | **Grumpy Frog story** Exploring saying sorry through story<br><br>STORY<br>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<br><br>ACTIVITY<br>PSED-MFB | **Cheer up Boris!** Write or draw a postcard for Boris using kind and encouraging words.<br><br>ACTIVITY<br>PSED-MFB | **How Rabbit got his long Ears** Story to explore the importance of telling the truth<br><br>STORY<br>PSED-MR | **Hat Games** Pretending to be someone else is fun but being me is better.<br><br>ACTIVITY<br>PSED-SC/SA | **Thankful Heart** Circle time to think about what the children are thankful for.<br><br>CIRCLE TIME<br>PSED-SC/SA | **Tell me about you** Sharing and celebrating differences in our home and families.<br><br>SHOW AND TELL<br>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.<br><br>DISCUSSION<br>PSED-SC/SA | **I can challenge** Series of challenges for children to practice and complete<br><br>ACTIVITY<br>PSED-SC/SA | **Stuck!** Circle time to consider what to do when the children are stuck<br><br>CIRCLE TIME<br>PSED-SC/SA | **When I grow up** Game and discussion around what children want to do when they grow up<br><br>GAME<br>PSED-SC/SA | **Magnetic Maze** Activity to demonstrate persevering to find a way through<br><br>ACTIVITY<br>PSED-SC/SA | **Changing Caterpillars** Considering change through the life cycle of a caterpillar.<br><br>ACTIVITY<br>PSED-SC | **N/A** |

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| **GET HEARTSMART** | **Get HEARTSMART**<br><br>CF3, GW5, RR2, RR3, RR6, GW4<br><br>HS FILM | **Power**<br><br>RR4 RR3 RR2 RR5 BS1<br><br>ACTIVITY | **Feelings Bingo**<br><br>GW4 GW3 GW5 GW9 BS5<br><br>GAME | **What goes in, must come out - Worms!**<br><br>OS6 BS7 GW9 GW5 WO7<br><br>ACTIVITY | **Guess Who?**<br><br>CF2 CF1 RR5 RR6 RR7<br><br>GAME | **Healthy Choices**<br><br>GW1 PH1 HE1 HE2 HP3<br><br>ACTIVITY | **Get HEARTSMART Reflection**<br><br>RR8 RR6 GW3 GW4 RR1<br><br>WORKSHEET |
| **DON'T FORGET TO LET LOVE IN!** | **Don't Forget to Let Love in!**<br><br>RR8 RR5 CF2 GW3 GW9<br><br>HS FILM | **Pants!**<br><br>BS3 BS4 BS5 BS6 BS7<br><br>WORKSHEET | **Truth or Lies**<br><br>RR8 RR5 CF2 CF1 RR8<br><br>ACTIVITY | **Would you Rather?**<br><br>RR1 RR5 CF2 CF1 RR8<br><br>GAME | **Marshmallow Test**<br><br>RR3 RR5 GW4 GW2 RR1<br><br>GAME | **Taking Care of Me**<br><br>HP4 HP5 GW1 GW2 GW4<br><br>ACTIVITY | **Don't Forget to Let Love in Reflection**<br><br>RR8 GW4 GW3 GW2 CF2<br><br>WORKSHEET |
| **TOO MUCH SELFIE ISN'T HEALTHY!** | **Too Much Selfie isn't Healthy!**<br><br>CF2 CF3 RR1 RR6 BS1<br><br>FILM | **Who's Missing?**<br><br>CF1 CF2 RR1 RR6 BS1<br><br>ACTIVITY | **The Smartest Giant in Town**<br><br>CF2 CF3 RR6 RR1 GW1<br><br>STORY | **Who Looks After Me?**<br><br>F1 F2 F4 RR6 BS7<br><br>ACTIVITY | **Teamwork - Monsters University**<br><br>CF2 RR1 RR6 RR5 F4<br><br>FILM CLIP | **Helping Boris**<br><br>WO1 WO3 OS1 OS3 RR1<br>WORKSHEET | **Too Much Selfie isn't Healthy Reflection**<br><br>RR1 RR2 RR3 RR4<br><br>WORKSHEET |
| **DON'T HOLD ON TO WHAT'S WRONG** | **Lesson 1**<br><br>HS FILM<br><br>CF5 CF4 RR2 GW3 GW4<br>PSHE - GF GW RKR | **Goldilocks and Baby Bear**<br><br>ACTIVITY<br><br>RR1 CF5 F1 F4 GW3<br>PSHE - R CF RKR GW F | **Forgiveness Fizz**<br><br>CF5, CF3, RR3, GW4, BS7 | **Chalk faces**<br><br>CF4 CF7 RR2 RR3 OS1<br><br>PSHE -<br><br>ACTIVITY | **Disappointed Robots**<br><br>GW3 GW4 RR2<br><br>PSHE:<br>ACTIVITY | **Builders and Wreckers**<br><br>CF4 CF2 RR5 RR6 CF7<br>PSHE:<br><br>ACTIVITY | **Reflection**<br><br>RR1 RR2 RR3<br><br>PSHE:<br>WORKSHEET |
| **FAKE IS A MISTAKE** | **Fake is a Mistake!** | **The Best Me** | **Don't Hide What's Inside!** | **Mask Making** | **Telephone Whispers** | **Smile!** | **Fake is a Mistake Reflection** |

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| | CF4 RR8 CF2 RR6<br><br>PSHE:<br><br>HS FILM | RR8 CF2 CF4 RR6 RR5 ACTIVITY | CF4 CF2 RR6 CF1 RR8 RR5<br><br>ACTIVITY | GW4 GW9 BS7 CF7 RR11<br><br>ACTIVITY | CF4 RR6 CF2<br><br>GAME | HP4 HE4 HE1 GW2 HP5<br><br>WORKSHEET | RR1 RR2 RR3<br><br>WORKSHEET |
| **'NO WAY THROUGH', ISN'T TRUE** | **'No Way Through' isn't True!**<br><br>HS FILM | **Mission Possible**<br><br>CF2 CF3 RR2 BS1 HE1 PH1<br><br>ACTIVITY | **Tummy Talk**<br><br>BS2 BS7 BS5 OS2 OS6 RR4<br><br>ACTIVITY | **Seeds of Potential**<br><br>RR8 RR5 RR1 HE1<br><br>ACTIVITY | **Keep going, Keep Growing!**<br><br>F1 F5 CF1 CF2 RR5<br><br>ACTIVITY | **Love a lot, Miss a lot**<br><br>GW3 GW4 GW8 GW6 GW9 RR3<br><br>WORKSHEET | **'No Way Through' isn't True Reflection**<br><br>WORKSHEET |

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| **GET HEARTSMART** | **Get HEARTSMART**<br><br>CF2 GW4 GW5 RR1 RR6<br><br>HS FILM | **Power Plus**<br><br>CF2 RR5 RR6 GW3 GW4<br><br>ACTIVITY | **Heart Decisions**<br><br>CF2 RR5 RR6 GW5 OS1<br><br>ACTIVITY | **Bright Hearts**<br><br>GW3, GW4, GW5, GW5, RR3, RR6, CF1<br><br>ACTIVITY | **Love Map**<br><br>F1, F3, F4, RR1, GW4<br><br>WORKSHEET | **Boris Face Plate**<br><br>HE1,HE2, HE4, GW2, HP4<br><br>ACTIVITY | **Get HEARTSMART Reflection**<br><br>GW3, GW4, GW5, GW9, RR6<br><br>WORKSHEET |
| **DON'T FORGET TO LET LOVE IN!** | **Don't Forget to Let Love in!**<br><br>RR8 RR5 CF2 GW3 GW4<br><br>FILM | **I am cubes**<br><br>RR8 RR5 RR1 CF2 GW4<br><br>WORKSHEET | **Trash or Truth**<br><br>RR8 RR5 GW3 GW4 CF2<br><br>ACTIVITY | **Meaning of my Name**<br><br>RR8 RR5 RR7 GW4 CF2<br><br>ACTIVITY | **Boundin**<br><br>RR8 GW3 GW4 GW2 GW1<br><br>FILM CLIP | **Heartbeat**<br><br>PH1 PH2 GW1 GW2 GW4<br><br>ACTIVITY | **Don't Forget to Let Love in Reflection**<br><br>RR8 RR1 RR5 RR6 GW4<br><br>WORKSHEET |
| **TOO MUCH SELFIE ISN'T HEALTHY!** | **Too Much Selfie isn't Healthy!**<br><br>CF2 CF3 RR1 RR6 BS1<br>FILM | **Spot the Difference**<br><br>CF1 CF2 RR1 RR6 BS1<br>ACTIVITY | **Secret Kindness Agents**<br><br>CF3 CF2 RR1 RR6 GW1 CF2 | **Everyday Heroes**<br><br>RR1 RR5 PS2 HP1 HP4 BS7<br>ACTIVITY | **We all Fit Together**<br><br>RR1 RR5 RR6 GW3 BS7<br>ACTIVITY | **HeartSmart on the Playground, HeartSmart Online**<br><br>WO1 WO3 OS1 OS3 RR1<br>WORKSHEET | **Too Much Selfie isn't Healthy Reflection**<br><br>RR1 RR2 RR3 RR4<br>WORKSHEET |

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| **DON'T HOLD ON TO WHAT'S WRONG** | **Lesson 1**<br><br>CF4 RR2<br><br>HS FILM | **That's what Friends are for (Shrek)**<br><br>CF4 RR2 F1 F4 GW3<br><br>FILM CLIP | **Balloon Spoons**<br><br>F2 F6 CF5 CF7 RR3 BS7<br><br>ACTIVITY | **Let the Ouch Out**<br><br>CF4 RR2 RR3 RR11 OS1<br><br>WORKSHEET | **Traffic Lights**<br><br>GW3 GW4 GW9 RR2<br><br>ACTIVITY | **Crumpled Hearts**<br><br>F3 RR9 GW7 BS7 RR5<br>ACTIVITY | **Reflection**<br><br>CF1, CF2, CF3, CF4 & CF5<br>WORKSHEET |
| **FAKE IS A MISTAKE** | **Fake is a Mistake!**<br><br>CF4 RR8 CF2 CF1 RR5<br><br>HS FILM | **Grains of Sand**<br><br>RR8 RR5 CF2<br><br>ACTIVITY | **The Truth about Me**<br><br>RR8 GW4 GW5 GW3 GW2<br><br>DISCUSSION | **Real is a Big Deal**<br><br>GW9 GW4 GW3 RR8<br><br>WORKSHEET | **Nice to Meet You!**<br><br>RR1 RR7 RR5 RR6 CF2<br><br>GAME | **Sun Safe!**<br><br>GW1 GW2 HP3 HP2 PH4<br><br>ACTIVITY | **Fake is a Mistake Reflection**<br><br>CF4 CF2 CF1<br><br>WORKSHEET |
| **'NO WAY THROUGH', ISN'T TRUE** | **'No Way Through' isn't True!**<br><br>HS FILM | **Road signs**<br><br>GW3 GW4 RR3 CF2 RR5<br><br>ACTIVITY | **Ways to Say**<br><br>GW3 GW4 GW5 RR3 CF5<br><br>ACTIVITY | **Rainbows from Rain**<br><br>GW3 GW4 RR6 CF5 RR8<br><br>ACTIVITY | **Imagine a Bright Future**<br><br>GW4 GW5 GW8 RR8 GW1 BS4 F3<br><br>ACTIVITY | **Energy Detectives**<br>**This is a PSHE Lesson that covers some of the 'Living in the wider world 'objectives.**<br><br>L1 L3 L5 L6 L7 L8<br><br>ACTIVITY | **'No Way Through' isn't True Reflection**<br><br>GW9<br><br>WORKSHEET |

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| **GET HEARTSMART** | **Get HEARTSMART**<br><br>RR8 OS1 OS4 WO3 GW4<br><br>HS FILM | **Batteries**<br><br>RR5 CF2 RR7 BS1 OS1<br><br>ACTIVITY | **Inside Out**<br><br>GW4 GW5 RR2 OS1 GW9<br><br>FILM CLIP | **Guard your Heart**<br><br>BS1 BS2 BS3 BS5 OS2<br><br>GAME | **My squad**<br><br>F1 CF1 CF2 CF4 RR1<br><br>WORKSHEET | **Full or Empty?**<br><br>PH1 PH3 HE1 HP3 PH4<br><br>WORKSHEET | **Get HEARTSMART Reflection**<br><br>CF3 CF5 RR1 RR2 RR6<br><br>WORKSHEET |
| **DON'T FORGET TO LET LOVE IN!** | **Don't Forget to Let Love in!**<br><br>RR8 RR1 RR5 RR6 GW4<br><br>HS FILM | **Wear it with pride**<br><br>CF2 RR1 RR6 RR7 GW3<br><br>ACTIVITY | **Love is...**<br><br>CF4 RR1 RR6 RR5 OS1<br><br>WORKSHEET | **Moana**<br><br>GW6 GW9 RR1 RR6 OS1<br><br>FILM CLIP | **Growing gratitude**<br><br>GW2 GW3 RR1 RR6 WO3<br><br>ACTIVITY | **Love yourself**<br><br>HE1 HE2 PH1 HP4 HP5<br><br>ACTIVITY | **Don't Forget to Let Love in Reflection**<br><br>RR8 GW4 GW5 GW6 GW9<br><br>WORKSHEET |
| **TOO MUCH SELFIE ISN'T HEALTHY!** | **Too Much Selfie isn't Healthy!**<br><br>CF2 CF3 RR1 RR6 BS1 FILM | **Flip your phone**<br><br>CF2 CF3 RR1 RR6 BS1 | **What's your emergency?**<br><br>BF1 PS1 BS7 OS6 GW3 | **Elizabeth Everest**<br><br>RR5 RR1 RR6 F4 BS7<br><br>ACTIVITY | **No man is an island**<br><br>CF2 CF3 RR1 BS7 RR6 F4<br><br>GAME | **Padlocked Privacy**<br><br>WO1 WO3 OS1 OS3 RR1 BS5 BS6<br><br>WORKSHEET | **Too Much Selfie isn't Healthy Reflection**<br><br>RR1 RR2 RR3 RR4<br><br>WORKSHEET |
| **DON'T HOLD ON TO WHAT'S WRONG** | **Lesson 1** | **Magic water** | **Play it out** | **Balloon Blast** | **Marble Jar** | **Who am I?** | **Reflection** |

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| | CF4 RR2<br><br>HS FILM | CF4 RR2 GW3 GW4 F1<br><br>DISCUSSION | CF6 RR9 OS1 BS7<br><br>WORKSHEET | GW3 GW4 CF5 CF7 RR3<br><br>ACTIVITY | F4 CF4 BS5 OS2 RR11<br><br>FILM CLIP | RR10 RR5 CF2 RR1 RR2<br><br>WORKSHEET | <br><br>CF4, RR2<br>WORKSHEET |
| **FAKE IS A MISTAKE** | **Fake is a Mistake!**<br><br>CF2<br><br>HS FILM | **Spot the Difference**<br><br>WO7 0S2 WO10 OS4<br><br>ACTIVITY | **Shame Detectives**<br><br>GW3 GW4 GW5 GW9 HP3<br><br>WORKSHEET | **Circle of Trust**<br><br>RR1 BS4 BS5 BS6 GW4<br><br>WORKSHEET | **Build on Truth**<br><br>CF4 CF2 RR5 OS2 WO2<br><br>DISCUSSION | **Allergy Allies!**<br><br>HP1 HP4 BS5 BS7 HP6 BS4<br><br>DISCUSSION | **Fake is a Mistake Reflection**<br><br>CF2<br>WORKSHEET |
| **'NO WAY THROUGH', ISN'T TRUE** | **'No Way Through' isn't True!**<br><br>HS FILM | **Snakes and Ladders**<br><br>GW3 GW4 GW5 CF6<br><br>ACTIVITY | **Get Back Up**<br><br>GW3 GW5 RR8 PH1 HP3<br><br>DISCUSSION | **I can help!**<br><br>PS1 PS2 BF1 BF2<br><br>ACTIVITY | **Dream Attitudes**<br><br>GW3 GW5 RR8 GW1 RR6 GW9<br><br>WORKSHEET | **Embracing Change**<br><br>GW5 GW3 GW9 RR8<br><br>ACTIVITY | **'No Way Through' isn't True Reflection**<br><br>WORKSHEET |

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| **GET HEARTSMART** | **Get HEARTSMART**<br><br>RR8 OS1 OS4 OS5 CF1<br><br>HS FILM | **Words have power**<br><br>RR5 RR7 RR10 OS1 GW7<br><br>ACTIVITY | **Reap what you sow**<br><br>RR10 CF2 RR7 BS1 OS1<br><br>ACTIVITY | **Wily wolf**<br><br>BS5 BS2 BS3 BS7 OS2<br><br>DISCUSSION | **Family Recipe**<br><br>F1 F2 F3 F4 RR1<br><br>ACTIVITY | **Healthy Minds**<br><br>GW1 GW3 GW9 WO3 HP3<br><br>WORKSHEET | **Get HEARTSMART Reflection**<br><br>CF5 RR6 RR2 RR1 CF3<br><br>WORKSHEET |
| **DON'T FORGET TO LET LOVE IN!** | **Don't Forget to Let Love in!**<br><br>RR8 RR1 RR6 CF5 RR7<br><br>HS FILM | **Heart to heart**<br><br>RR1 RR2 RR6 CF5 OS1<br><br>ACTIVITY | **Brilliant me ball**<br><br>RR8 RR5 RR6 RR1 GW3<br><br>ACTIVITY | **One in a million**<br><br>RR8 RR5 OS1 WO3 WO7<br><br>ACTIVITY | **Don't agree with I don't like me**<br><br>RR8 GW2 GW3 GW4 GW5<br><br>ACTIVITY | **Hands up!**<br><br>HP5 HP4 HP3 HE1 PH1<br><br>ACTIVITY | **Don't Forget to Let Love in Reflection**<br><br>RR8 GW3 GW4 GW5 WO3<br><br>WORKSHEET |
| **TOO MUCH SELFIE ISN'T HEALTHY!** | **Too Much Selfie isn't Healthy!**<br><br>CF2 CF3 RR1 RR6 BS1<br><br>FILM | **What's missing?**<br><br>CF1 CF2 RR1 RR5 GW1<br><br>GAME | **Guess my feelings**<br><br>GW3 GW4 RR1 RR5 RR6<br><br>ACTIVITY | **Unseen heroes**<br><br>RR5 RR1 RR6 BS7<br><br>ACTIVITY | **Teamwork makes the dream work!**<br><br>CF2 CF3 RR6 RR1 BS7<br><br>GAME | **True Smartphone**<br><br>WO1 WO3 WO5 OS3 BS5 BS6 RR1<br><br>WORKSHEET | **Too Much Selfie isn't Healthy Reflection**<br><br>RR1 RR2 RR3 RR4<br><br>WORKSHEET |
| **DON'T HOLD ON TO WHAT'S WRONG** | | **Saying sorry** | **Pass through the pain barrier** | **Good stress, bad stress** | **Boundaries** | **Be Kind Online** | **Reflection** |

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| | CF4 RR2<br>HS FILM | CF4 RR2 RR3 GW3 OS3<br><br>DISCUSSION | CF5 OS6 BS7 CF6 F2<br><br>DISCUSSION | GW9 RR3 PH4 HE2 WO3<br><br>ACTIVITY | BS5 BS1 BS2 OS1<br><br>DISCUSSION | WO8 OS1 WO4 RR9 BS7<br><br>WORKSHEET | CF4 RR2<br><br>WORKSHEET |
| **FAKE IS A MISTAKE** | **Fake is a Mistake!**<br><br>CF2<br><br>HS FILM | **Human BEings not DOings**<br><br>RR8 RR5 GW2 RR10 CF3<br><br>ACTIVITY | **Voice of Love**<br><br>BS5 GW4 CF2 CF3 OS2<br><br>WORKSHEET | **Speak Truth**<br><br>RR3 CF5 GW4 WO7<br><br>STORY | **Dare to be different**<br><br>BS1 BS5 RR8 RR5 OS1 WO4<br><br>ACTIVITY | **Risky Business**<br><br>DAT1 HP1 GW2 GW7 GW9<br><br>ACTIVITY | **Fake is a Mistake Reflection**<br><br>CF2<br>WORKSHEET |
| **'NO WAY THROUGH', ISN'T TRUE** | **'No Way Through' isn't True!**<br><br>HS FILM | **Endurance Expedition**<br><br>GW3 GW4 GW5 GW9 CF4 RR6<br><br>ACTIVITY | **Habits - Help or Hinder?**<br><br>WO3 GW1 GW5 PH2 PH3<br><br>WORKSHEET | **Just Keep Swimming**<br><br>CF2 RR1 RR6 (OS2 WO6 BS6)<br><br>FILM CLIP | **Dreamers**<br><br>GW1 GW3 GW4 RR8 CF4 HP3<br><br>ACTIVITY | **Changing Me!**<br><br>DB1 GW3 GW4 RR5<br><br>WORKSHEET | **'No Way Through' isn't True Reflection**<br><br>WORKSHEET |

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| **GET HEARTSMART** | **Get HEARTSMART**<br>RR8 OS1 WO3 WO5 OS6<br>HS FILM | **Boss v Leader**<br>RR1 RR4 RR7 OS1 BS1<br>ACTIVITY | **Lion Heart**<br>CF2 RR1 RR8 BS1 OS1<br>ACTIVITY | **Watch What You Watch Watch**<br>WO3 WO5 WO7 OS6 BS7<br>WORKSHEET | **Letter of Thanks**<br>F1 F3 F4 RR1 RR6<br>ACTIVITY | **Sleep Well**<br>HP3 GW1 GW2 GW5<br>DISCUSSION | **Get HEARTSMART Reflection**<br>CF5 RR6 RR2 RR1 GW9<br>WORKSHEET |
| **DON'T FORGET TO LET LOVE IN!** | **Don't Forget to Let Love in!**<br>RR8 RR1 RR6 GW4 CF5<br>HS FILM | **Gunner**<br>CF4 RR1 RR6 CF5 OS2<br>ACTIVITY | **Make the Right Voice Choice**<br>RR8 GW3 OS2 OS4 WO8<br>ACTIVITY | **Under Pressure**<br>RR2 RR3 BS5 BS6 BS7<br>ACTIVITY | **Allocating Resources**<br>RR1 RR3 RR5 OS1 WO7<br>ACTIVITY | **Help!**<br>BS7 BS5 GW9 PH4 WO11 GW10<br>ACTIVITY | **Don't Forget to Let Love in Reflection**<br>RR8 GW4 GW5 RR6 WO3<br>WORKSHEET |
| **TOO MUCH SELFIE ISN'T HEALTHY!** | **Too Much Selfie isn't Healthy!**<br>CF2 CF3 RR1 RR6 BS1<br>FILM | **When I'm Feeling Lonely…**<br>GW6 GW9 CF3 WO3 WO2<br>ACTIVITY | **Read My Lips**<br>RR3 RR1 RR4 RR6 GW4<br>GAME | **Honour**<br>RR5 F2 RR1 RR6 CF2<br>ACTIVITY | **Great Groups**<br>GW3 F2 RR1 RR6 CF2<br>ACTIVITY | **Be Aware What You Share**<br>WO3 WO4 WO5 OS3 BS6<br>ACTIVITY | **Too Much Selfie isn't Healthy Reflection**<br>RR1 RR2 RR3 RR4<br>WORKSHEET |
| **DON'T HOLD ON TO WHAT'S WRONG** | **Don't Hold on to What's Wrong!**<br>CF4, RR2<br>HS FILM | **Different Perspective**<br>CF4 RR2 RR3 GW3 OS3<br>ACTIVITY | **Nelson Mandela**<br>GW4 GW3 BS7 CF3<br>DISCUSSION | **Emotions don't drive!**<br>GW3 GW4 GW5 PH4 HE2 WO3<br>ACTIVITY | **I did not I am**<br>RR8 GW5 GW4 WO4<br>DISCUSSION | **Bully Busting**<br>OS1 WO4 WO8 WO9 RR9<br>WORKSHEET | **Reflection**<br>CF4 RR2<br>WORKSHEET |
| **FAKE IS A MISTAKE** | **Fake is a Mistake!**<br>CF2<br>HS FILM | **Time To Get Real**<br>WO7 WO4 OS1 GW4 WO9 OS5<br>DISCUSSION | **No Need to Hide What's Inside**<br>WO5 WO6 OS2 TOTAL CHANGE GAMING FOCUS<br>ACTIVITY | **Soft Shells**<br>CF2 RR2 BS1 BS7 OS4 WO5<br>FILM CLIP | **Hearts that Welcome Feedback**<br>HE1 RR4 RR6 CF1 CF2<br>ACTIVITY | **Decisions, Decisions!**<br>DAT1 WO6 RR4 BS1 BS7<br>ACTIVITY | **Fake is a Mistake Reflection**<br>CF2<br>WORKSHEET |

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| **'NO WAY THROUGH', ISN'T TRUE** | **'No Way Through' isn't True!**<br><br>HS FILM | **Who Gets to Know?**<br><br>WO10 OS1 OS4 BS2 BS7 OS5<br>TOTAL CHANGE<br>ONLINE FOCUS<br>ACTIVITY | **Success isn't always what you see**<br><br>RR8 GW2 GW3 GW5 RR3<br><br>WORKSHEET | **Hope Light**<br><br>GW3 GW4 GW5 GW9 RR3<br>ACTIVITY | **Period Relay**<br><br>DB3 DB1 DB2 BS7 RR5<br><br>WORKSHEET | **Amazing Bodies**<br><br>DB1 DB2<br><br>GAME | **'No Way Through' isn't True Reflection**<br><br>PSHE:<br>• Health & Wellbeing (self-awareness)<br>R&HE - GW2<br>WORKSHEET |

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| **GET HEARTSMART** | **Get HEARTSMART**<br><br>RR8 OS1 WO3 WO5 WO10<br><br>HS FILM | **Powerful Poses**<br><br>RR8 RR10 RR5 0S1 GW2<br><br>ACTIVITY | **Stone Trainers**<br><br>RR8 RR10 BS1 WO2 WO3<br><br>WORKSHEET | **Secret Scenarios**<br><br>BS2 BS5 BS7 OS2 RR9<br><br>DISCUSSION | **Tying the Knot**<br><br>F5 F4 RR1 RR6 CF4<br><br>ACTIVITY | **Healthy Food, Healthy Heart**<br><br>HE3 HE1 HE4 HE2 GW2<br><br>ACTIVITY | **Get HEARTSMART Reflection**<br><br>CF5 RR6 RR1 RR2 GW9<br><br>WORKSHEET |
| **DON'T FORGET TO LET LOVE IN!** | **Don't Forget to Let Love in!**<br><br>RR8 RR1 RR6 RR7 GW4<br><br>HS FILM | **What are you worth?**<br><br>RR8 RR5 RR6 GW3 OS2<br><br>ACTIVITY | **People say I am**<br><br>CF2 RR1 RR6 OS1 GW3<br><br>ACTIVITY | **Thumbs Up**<br><br>F1 F3 CF1 RR5 OS1<br><br>ACTIVITY | **Gratitude jar**<br><br>GW2 GW3 GW1 RR1 OS1<br><br>ACTIVITY | **Signs to Spot**<br><br>HP1 PH4 HP5 GW2 GW5<br><br>ACTIVITY | **Don't Forget to Let Love in Reflection**<br><br>RR8 GW3 GW4 GW5 WO3<br><br>WORKSHEET |
| **TOO MUCH SELFIE ISN'T HEALTHY!** | **Too much selfie isn't healthy**<br><br>CF2 CF3 RR1 RR6 BS1<br><br>HS FILM | **All the Same, All Different**<br><br>RR1 RR5 RR10 CF2 CF1 OS1<br><br>GAME | **Listen up!**<br><br>RR1 RR3 RR4 RR6 GW4<br><br>ACTIVITY | **You go before me**<br><br>RR5 RR7 RR6 OS1 GW4<br><br>ACTIVITY | **Growing together**<br><br>GW3 OS3 RR1 CF2 CF3<br><br>ACTIVITY | **Social media - good or bad?**<br><br>WO4 WO3 OS1 OS3 BS6 WO5 BS5 RR1<br><br>DISCUSSION | **Too Much Selfie isn't Healthy Reflection**<br><br>RR1 RR2 RR3 RR4<br><br>WORKSHEET |
| **DON'T HOLD ON TO WHAT'S WRONG** | **Don't Hold on to What's Wrong** | **Work it Out** | **Power of Forgiveness Jimmy Mizen's parents** | **Way to Say** | **Bit by Bit** | **Deep Impact** | **Reflection** |

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| | CF4, RR2<br><br>HS FILM | OS1 OS6 WO8 CF4 RR2 RR3 BS6<br><br>ACTIVITY | CF7 RR3 BS7 OS1 WO3<br><br>DISCUSSION | RR2 CF7 OS1 WO7 PH4 HE2<br><br>ACTIVITY | CF4 BS2 BS5 RR2 OS2<br><br>ACTIVITY | CF4 RR2 RR9 BS6 BS7 WO8<br><br>ACTIVITY | CF4 RR2<br><br>WORKSHEET |
| **FAKE IS A MISTAKE** | **Fake is a Mistake!**<br><br>CF2<br><br>HS FILM | **This is Me!**<br><br>GW4 GW3 RR8 RR3<br><br>DISCUSSION | **HeartSmart Self-Talk**<br><br>GW4 GW3 GW7 PH1 PH2<br><br>DISCUSSION | **Boundaries for Respect**<br><br>OS2 CF1 BS1 WO3 RR4<br><br>ACTIVITY | **Vaccines - Facts vs Fake News!**<br><br>HP3 HP6 WO6 WO3 OS3<br><br>ACTIVITY | **Fix it, Find out, Fit in!**<br><br>DAT1 HE1 BS1 RR4 BS7 WO6 OS3<br><br>ACTIVITY | **Fake is a Mistake Reflection**<br><br>CF2<br><br>WORKSHEET |
| **'NO WAY THROUGH', ISN'T TRUE** | **'No Way Through' isn't True!**<br><br>GW3 GW4 GW8<br><br>HS FILM | **The Bridge to Yet**<br><br>GW3 GW4 GW5 GW8 RR3<br><br>ACTIVITY | **Self-awareness**<br><br>GW3 GW4 GW5 PH1 HP3<br><br>ACTIVITY | **Hearts Filled with Hope**<br><br>GW2 GW4 GW5<br><br>ACTIVITY | **Where the Magic Happens**<br><br>GW3 GW4 GW5 GW8 RR8<br><br>ACTIVITY | **Amazing Bodies**<br><br>DB2 GW3 GW9 DB1 ACTIVITY | **'No Way Through' isn't True Reflection**<br><br>WORKSHEET |

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