

Lesson 3: Stone Trainers

WE ARE LEARNING: Ways to keep our hearts soft but strong.

- BORIS ASKS:**
- Can the children suggest ways people can become 'hard-hearted'?
 - Can the children suggest ways to keep their hearts soft and strong?
 - Can the children suggest the benefits of a soft-strong heart over a hard heart?

RESOURCES: Andrex advert (available online); slide; worksheet

Play children the Andrex advert online. Talk about the phrase at the end, "soft, strong and long."

Liken this to the way HeartSmart people are inside. They have soft, strong hearts with a long memory for all the good things they know!

Show the children the slide of of the trainers. Talk about the material used to make trainers. Talk about how the material needs to be soft enough to be comfortable but durable enough to last and stay strong.

Make the point that our hearts need to be like this too. None of us want to grow up being hard and bitter as this means we won't be happy or make meaningful relationships. Trainers would be durable if they were made of concrete, but they would be heavy and uncomfortable!

Talk about what could make a person's heart go hard. Ask them how a person with a hard heart may feel or behave. Ask the children to think about ways they could keep their hearts soft and strong.

Using the worksheet* provided, ask the children to design a pair of trainers with their own unique pattern and logo. Talk with them about the material they will use for each part of the trainer. Will they add sequins, fancy laces, lights, sounds, etc?

None of us want to be heavy-hearted. We want to feel light and happy. HeartSmart is helping us in this as we learn how to treat ourselves and others well.

**Keep the worksheets as the children will need to use their designs in week 6*



HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

R&HE

MW1. that mental wellbeing is a normal part of daily life, in the same way as physical health.

MW3. how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

MW4. how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

PSHE

H1. what positively and negatively affects their physical, mental and emotional health

BIBLE REFERENCE

I will put a new way to think inside you. I will take out the stubborn heart like stone from your bodies. And I will give you an obedient heart of flesh. Ezekiel 36:26

SMSC

The spiritual development of pupils is shown by their:

- ability to be reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for different peoples faiths, feelings and values
- willingness to reflect on their experiences

SIAMS

Strand 2: Wisdom, Knowledge and Skills

Strand 3: Character Development: Hope, Aspiration and Courageous Advocacy

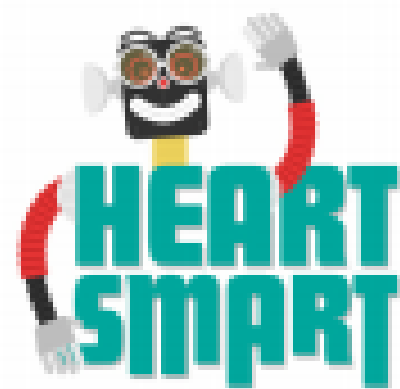
I will put a new way to think inside you. I will take out the stubborn heart like stone from your bodies. And I will give you an obedient heart of flesh.

Ezekiel 36:26

What do you think this verse from the Bible means?

None of us want to be heavy-hearted. We want to feel light and happy. HeartSmart is helping us in this as we learn how to treat ourselves and others well.

Watch: <https://www.youtube.com/watch?v=zYKLhM4UcWw>



How are HeartSmart people, soft, strong & long?



HeartSmart have soft, strong hearts with a long memory for all the good things they know!

Why do trainers need to be soft, strong & long?



Get HEARTSMART



Design your own brand of HeartSmart trainers. Label them with the materials you will use. What will you call them?



Learning to be HeartSmart means I

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Get HEARTSMART

