

Lesson 1: Get HEARTSMART

WE ARE LEARNING: Ways to show love to ourselves and others.

BORIS ASKS: Can the children suggest ways they can love themselves?
Can the children suggest ways they can love others?

RESOURCES: Get HEARTSMART Film 1; Power ON button slide.

Watch Get HEARTSMART Film 1 with the children.

Ask the children to suggest their ideas of what a heart is. You could describe it as the centre of all our thoughts and emotions.

Explain that Boris is unique because he has a heart. Ask the children to share some things that make them unique. List their ideas on the board.

Show the children the Power ON button slide. Build on what Dave explained about making a powerful choice by saying that the Power ON button helps us to ask these two important questions:

- **How can I love myself more? (I = me)**
- **How can I love others more? (O = others)**

Our hearts are like Power ON buttons. It's called 'Power ON' because the power button is made up of an I and an O and as we consider **ourselves** and **others** more we are 'Powering ON' to being more HeartSmart, that is 'being smart with our hearts'!

Ask the children for examples of how they can be smart with their hearts and show love to themselves and those around them. Note their ideas on the board (this could help form your baseline assessment for this unit).



R&HE

CF1. how important friendships are in making us feel happy and secure, and how people choose and make friends.

CF3. that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

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.

PSHE

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

R2. to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships

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

BIBLE REFERENCE

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

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 people's faiths, feelings and values

The moral development of pupils is shown by their:

- understanding of the consequences of their behaviour and actions

SIAMS

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

Strand 4: Community and Living Well Together

Get HeartSmart year 4 lesson 1

Get HEARTSMART



Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

Watch Get HeartSmart Film 1

**How would you describe a heart?
Please write down your ideas.**





**Boris is unique
because he has a
heart.**

**What are some of the
things that make you
unique?
Write your ideas
down.**



Get HEARTSMART

The power on button helps us to ask these two important questions

How can I love myself more? (I = me) How can I love others more? (O = others)

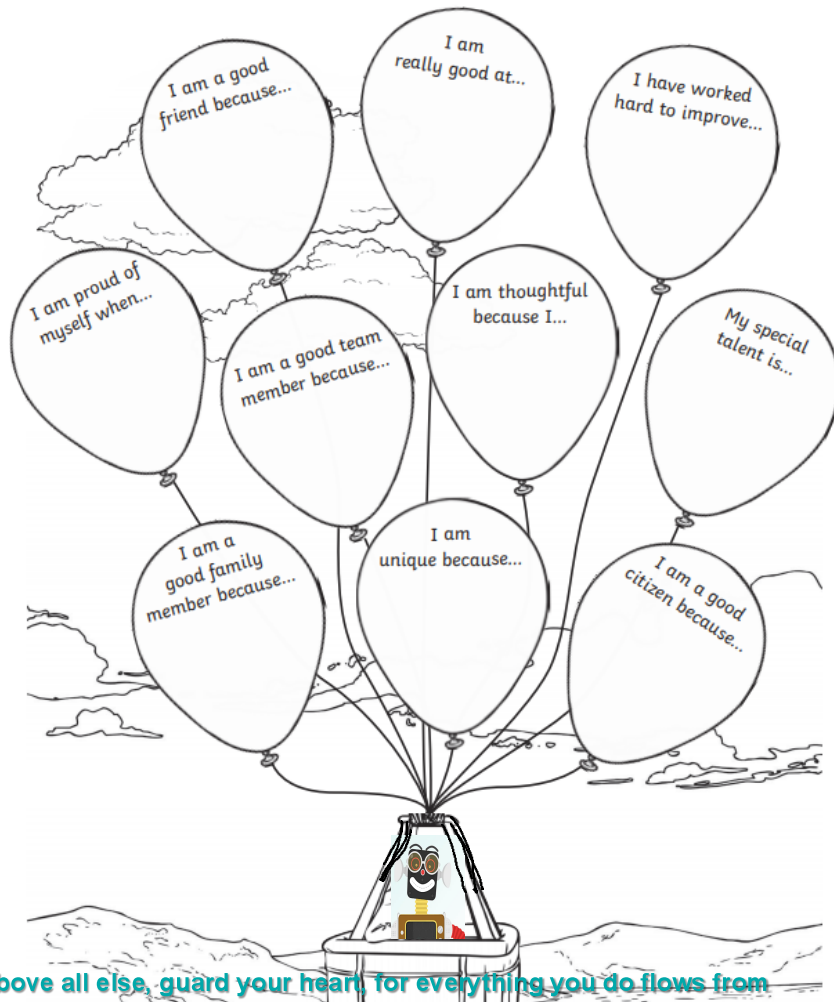
**How can you be smart
with your heart and
show love to yourself
and those around
you?**

Write down your ideas

Our hearts are like Power ON buttons. It's called 'Power ON' because the power button is made up of an I and an O and as we consider ourselves and others more we are 'Powering ON' to being more HeartSmart, that is 'being smart with our hearts'!



Read and finish the sentences in the balloons below.



Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

Children to complete balloons & glue sheet into their HeartSmart book.

EXT: The children can answer the question below

(TA scribe for LA)

Try to answer 5 balloon questions?

