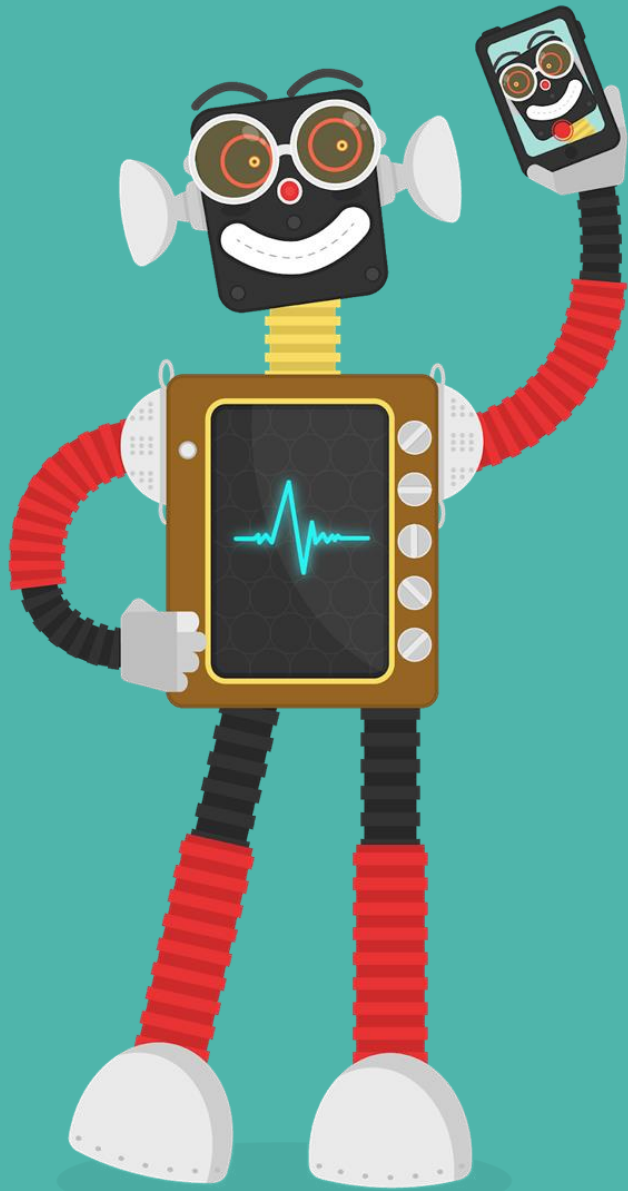


Please sign yourself
in and grab a pack.

Help yourself to a
tea or coffee.

HeartSmart@Home – What is the plan?

Timings		Session overviews:
8.30	A hot drink and an informal chat	1. Get HeartSmart (28 th Feb)
8.45	Introduce the principle for the session. Mrs Poole & Mrs Spiers lead this presentation.	2. Don't forget to let love in (6 th March)
9.00	Your child/ren join the session and complete some activities with you in relation to that day's focus.	3. Too much selfie isn't healthy (13 th March)
9.45	Your children go back to class and we have a discussion about the session. We set homework to be completed before the next session.	4. Don't rub it in, rub it out (20 th March)
10.00	Finish	5. Fake is a mistake (24 th April)
		6. No way through, isn't true (1 st May)



Too Much
Selfie
isn't
Healthy!



Too Much Selfie isn't Healthy!



Too Much Selfie isn't Healthy!



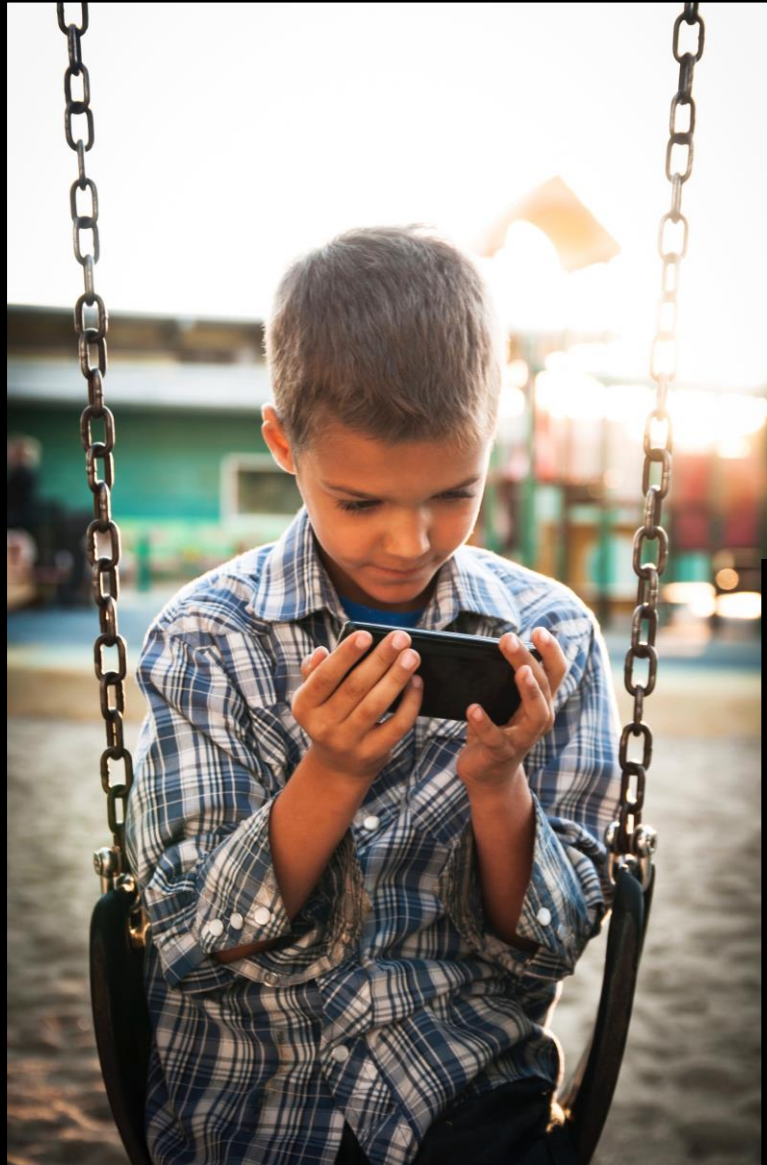
Too Much Selfie isn't Healthy!



Tell
Explain
Describe



Too Much Selfie isn't Healthy!



Too Much Selfie isn't Healthy!



By Gary Turk

Too Much Selfie isn't Healthy!

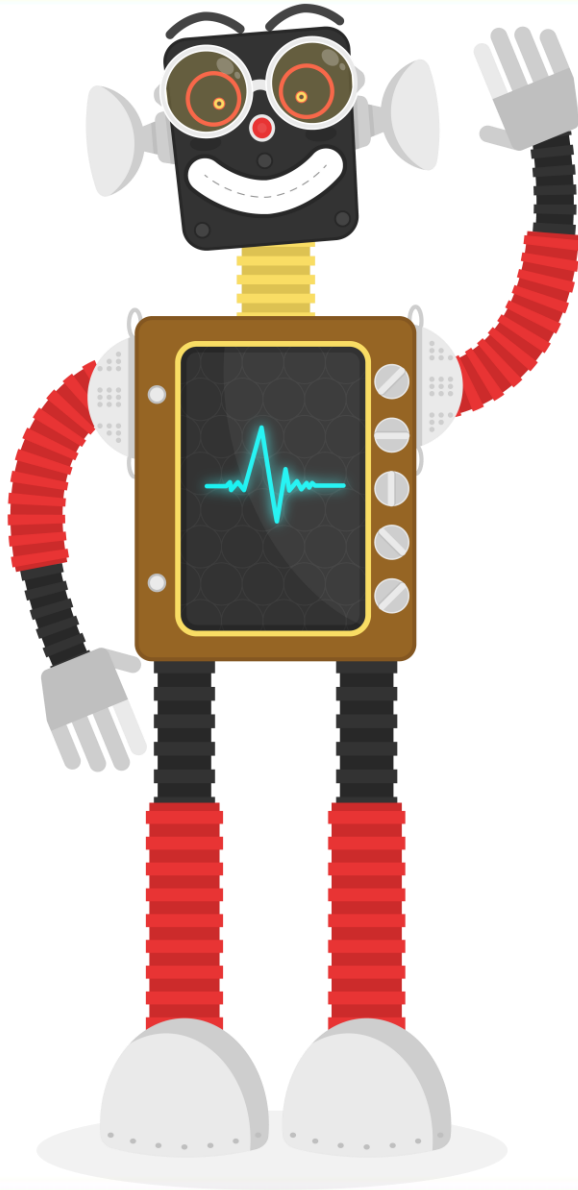


Too Much Selfie isn't Healthy!



Too Much Selfie isn't Healthy!





Welcome
Children!

Too Much selfie isn't Healthy

Let's hear all about this principle, straight from the creator himself...

<https://www.heartsmart.school/hsCreative-toomuchselfieisnthealthy>

Task

Make an unselfie calendar.

KINDNESS CALENDAR - DECEMBER 2017

"Be kind whenever possible. It is always possible" - Dalai Lama



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Give money for each bed in your house to a homeless charity	5 Count how many people you smile at today	6 Do something helpful for a friend or family member	7 Pick up litter or leaves in your local neighbourhood	1 Encourage others to practice kindness: share this calendar	2 Make some homemade gifts to give away this Festive Season	3 Leave a happy note for someone else to find
11 Do an act of kindness to help an older person	12 Offer hugs to your loved ones and friends	13 Give a compliment to as many people as possible today	14 Leave some money (with a happy note) for someone	8 Say something positive to everyone you meet today	9 Buy some extra items and donate them to a local food bank	10 Give clothes, blankets or toys to others who may need them
18 Try out the art of positive gossiping!	19 Cook an extra meal and surprise someone with it	20 Thank people who do things for you but you may take for granted	21 Offer to take a friend's dog out for a nice walk	15 Pay it forward: pay for a stranger's hot drink in a cafe	16 Make a card or decoration for someone special	17 Take some supplies to a local animal shelter
25 Find ways to be kind to yourself today!	26 Turn off digital devices and really listen to people	27 Get outside into nature and feed the birds today	28 Forgive someone and look for their good points	22 Give someone your place in a queue (in a shop or in traffic)	23 Call a relative who is far away to say hello and have a chat	24 Give money to a good cause for every present you wrap
				29 Do a good deed to bring a smile to someone's day	30 Be kind to you: Take a walk and focus on nature's beauty	31 Plan what extra acts of kindness you will do in 2018...

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Give a compliment to a friend.	2 Tape change to a vending machine.	3 Make a card for a soldier.	4 Pick up litter in your neighborhood.	5 Bring coffee to your teacher.	6 Send a hug made from paper to someone you love.
7 Tell silly jokes to make someone laugh.	8 Give someone a hug coupon.	9 Donate a book to your library or hospital.	10 Leave a happy note or kindness stone for someone to find.	11 Do yard work for a neighbor.	12 Donate outgrown toys to your favorite charity.	13 Candy cane bomb a parking lot.
14 Call a faraway relative to say hello.	15 Make a thank you card for your librarian.	16 Do a chore for someone in your family.	17 Donate food to your local food pantry.	18 Leave a popcorn surprise on a DVD rental machine.	19 Smile at everyone you see today.	20 Take supplies to the animal shelter.
21 Pay for a stranger's coffee.	22 Give treats to your mail carrier.	23 Feed the birds.	24 Take cookies to the fire station.	25	26	27
28	29	30	31			

Things to consider ..

How can we use our knowledge of our family members love languages to be more unselfie with them?

Are we a good role model? Do we actively promote the 3 L's (Listen up, look up, look out)?

Which part of the 3 L's does your child find the most difficult?

How can we encourage the children to be more unselfie?

Homework

Have a go at opening your unselfie calendar each day and completing the tasks together. Discuss with your children how it makes them feel to do kind acts?

Extra challenge - Take a selfie of you completing an 'unselfie' task and email into school

