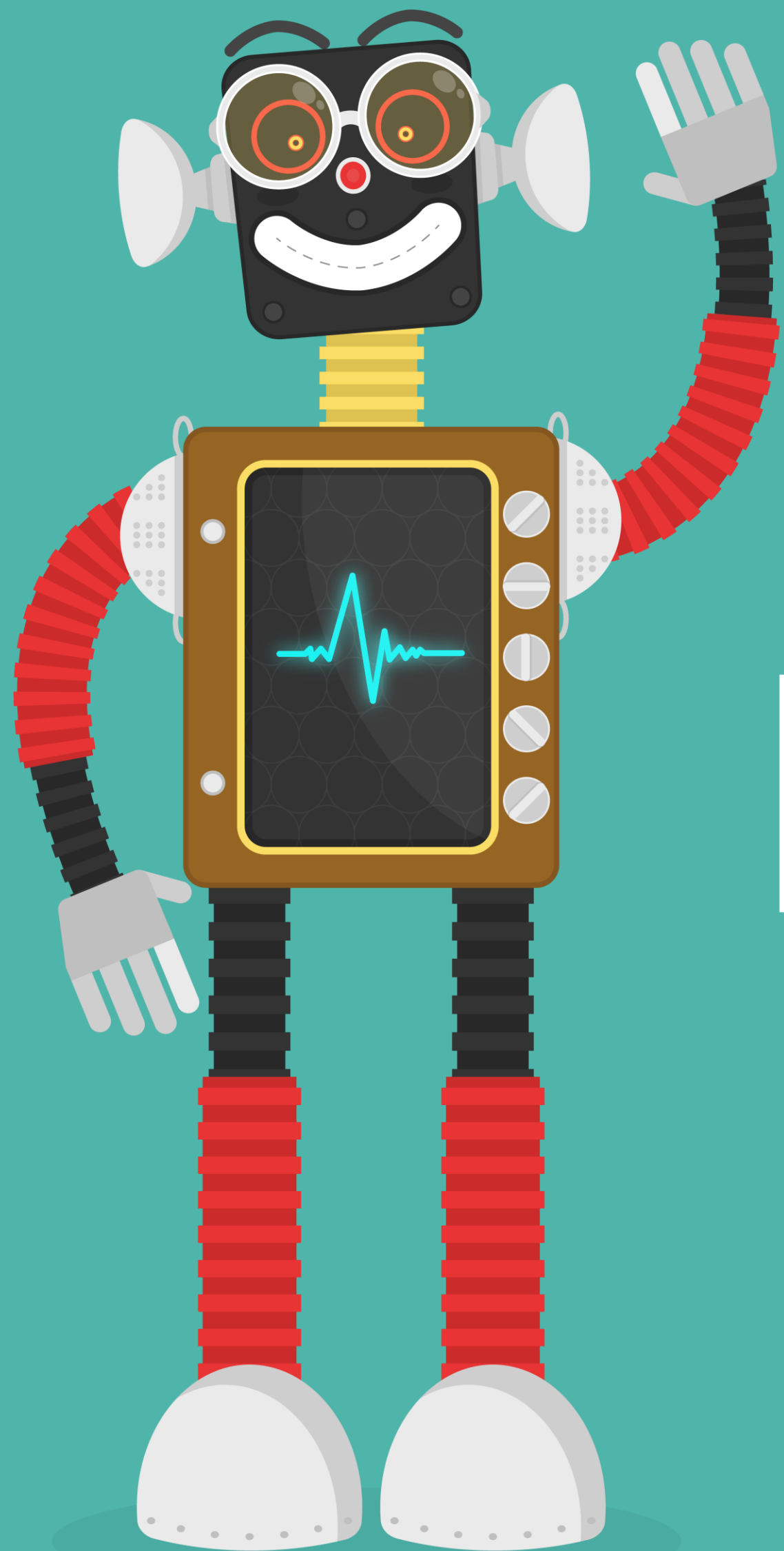


Please sign the
register, pick up a
pack and get yourself
a drink.

Please sit down and
keep a space for your
child next to you.

HeartSmart@Home – What is the plan?

Timings		Session overviews:
1.45pm	A hot drink and an informal chat	1. Get HeartSmart (10 th January) 2. Don't forget to let love in (24 th January) 3. Too much selfie isn't healthy (7 th February) 4. Don't hold onto what's wrong (21 st February) 5. Fake is a mistake (7 th March) 6. No way through, isn't true (21 st March)
2pm	Introduce the principle for the session. Mrs Poole & Mrs Spiers lead this presentation.	
2.15pm	Your child/ren join the session and complete some activities with you in relation to that day's focus.	
2.45pm	Your children go back to class and we have a discussion about the session. We set homework to be completed before the next session.	
3pm	Finish	



Get HEARTSMART







— The HeartSmart High Five —



**Don't Forget
to Let Love in!**

Learning how
important, valued
and loved we are.

— The HeartSmart High Five —



Don't Forget to Let Love in!

Learning how
important, valued
and loved we are.



Too Much Selfie isn't Healthy!

Exploring the
importance of
others and how to
love them well.

— The HeartSmart High Five —



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love them well.



Don't Hold Onto What's Wrong

Understanding how
to process negative
emotion and
choose forgiveness
to restore
relationships.

— The HeartSmart High Five —



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Fake is a Mistake!

Unpacking how to bravely communicate truth and be proud of who we are.

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Understanding how to process negative emotion and choose forgiveness to restore relationships.



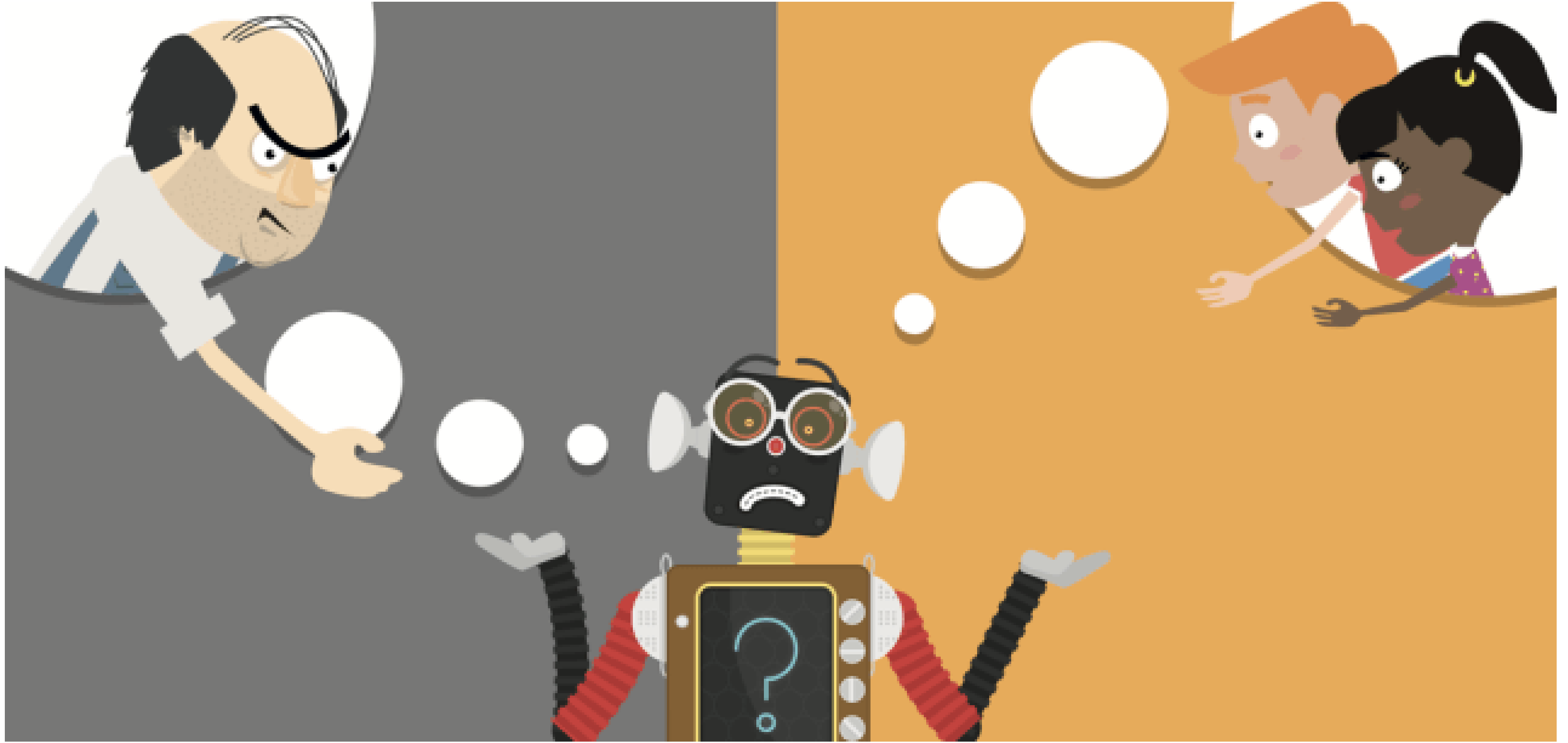
Fake is a Mistake!

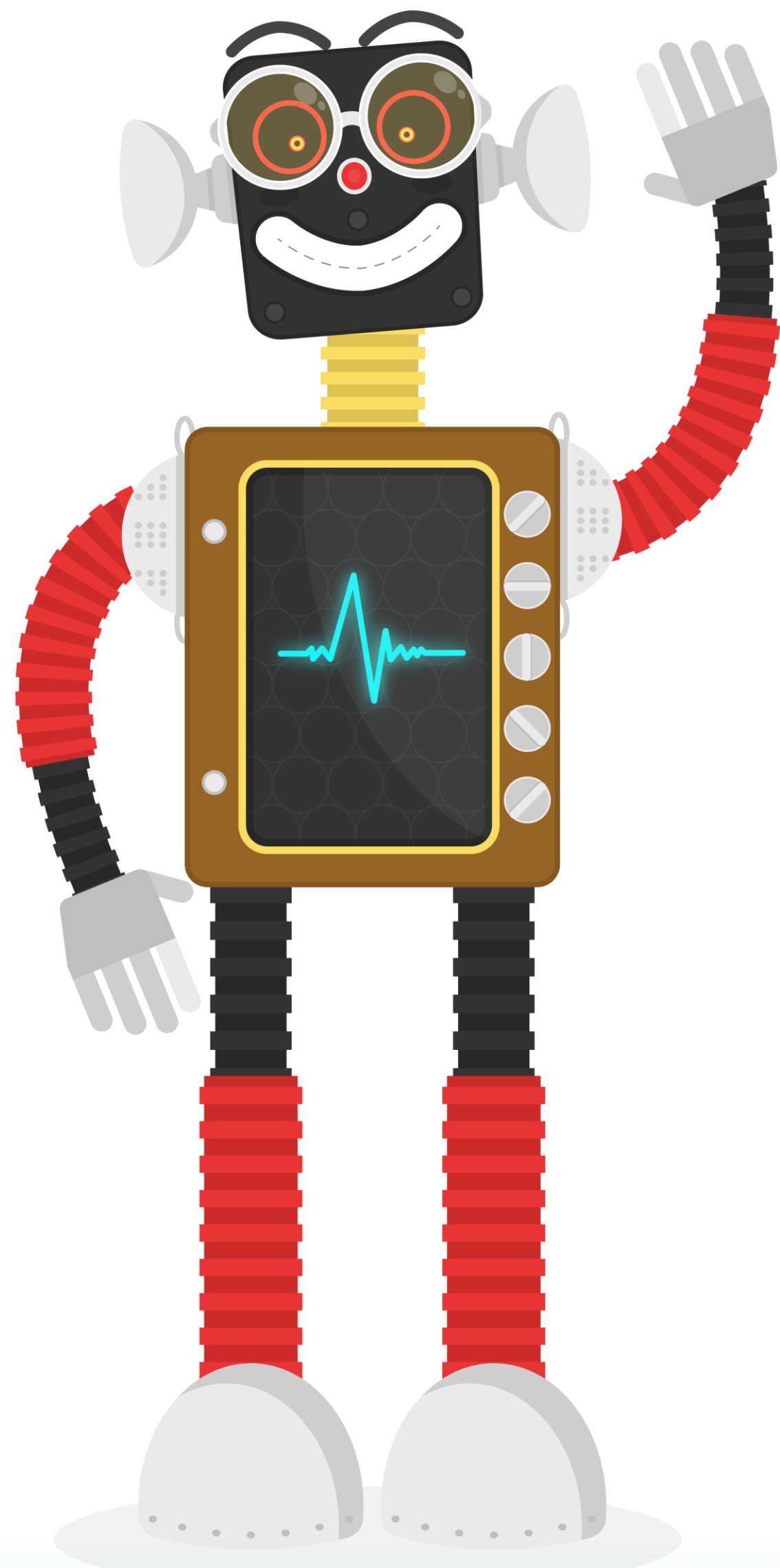
Unpacking how to bravely communicate truth and be proud of who we are.



'No Way Through,' isn't True!

Knowing there is a way through every situation, no matter how impossible it may seem.

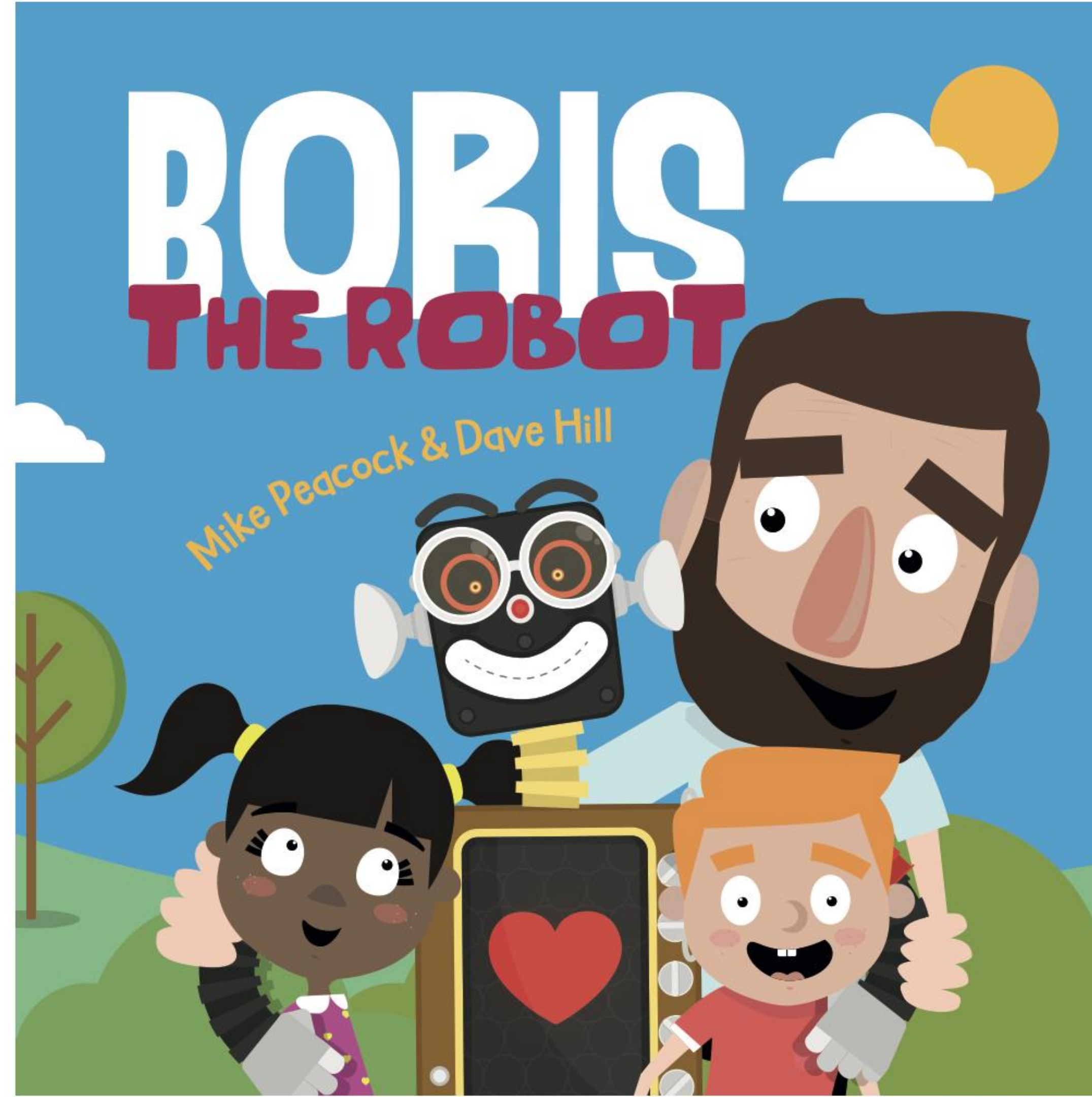


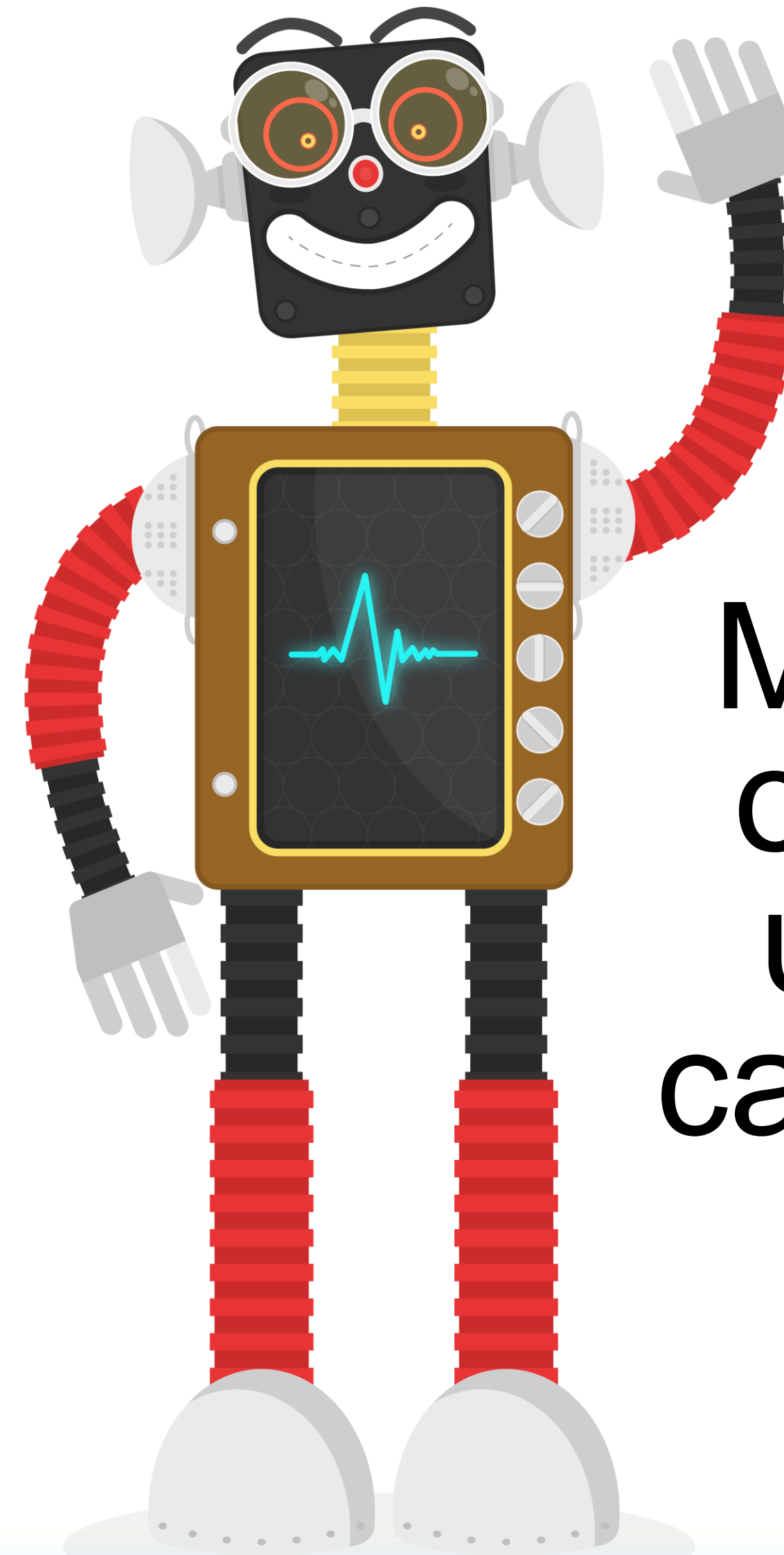
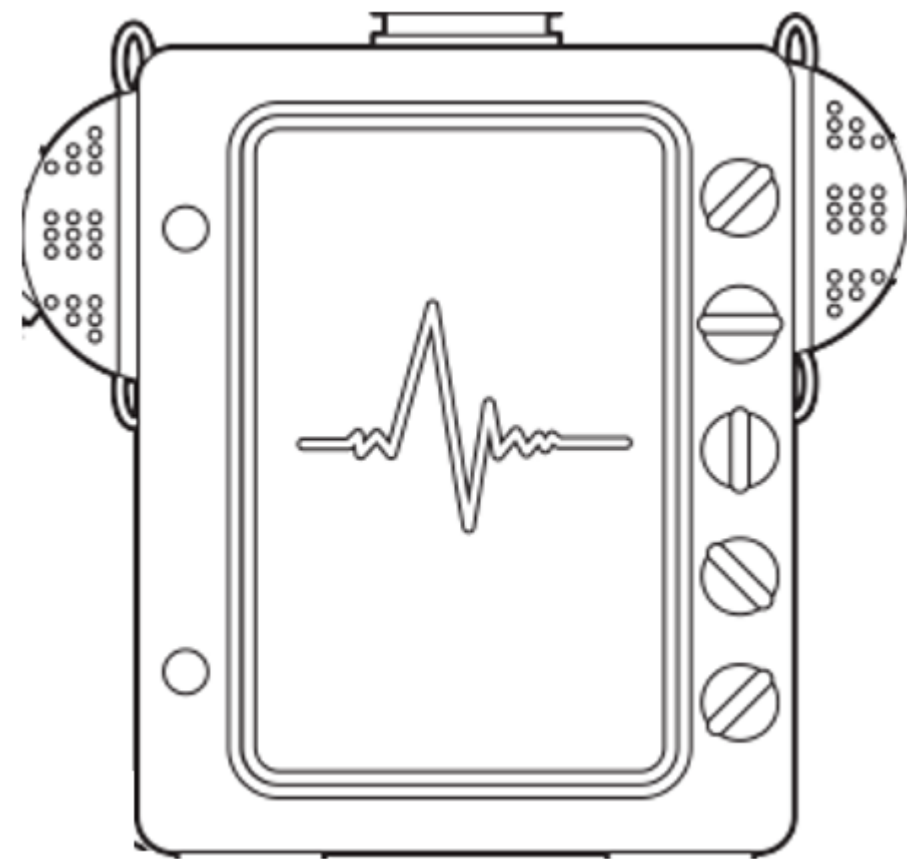
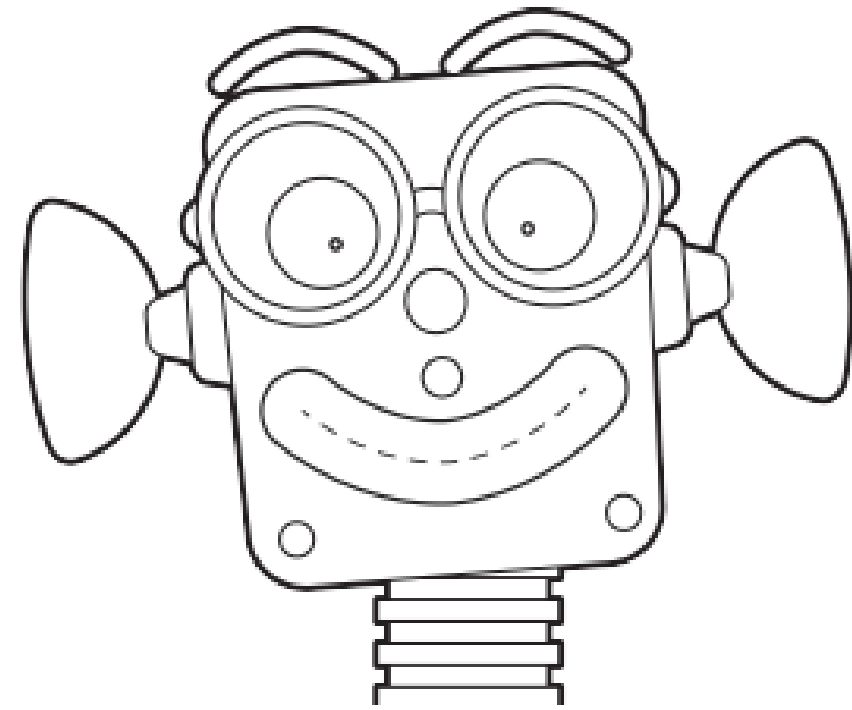


Welcome children!

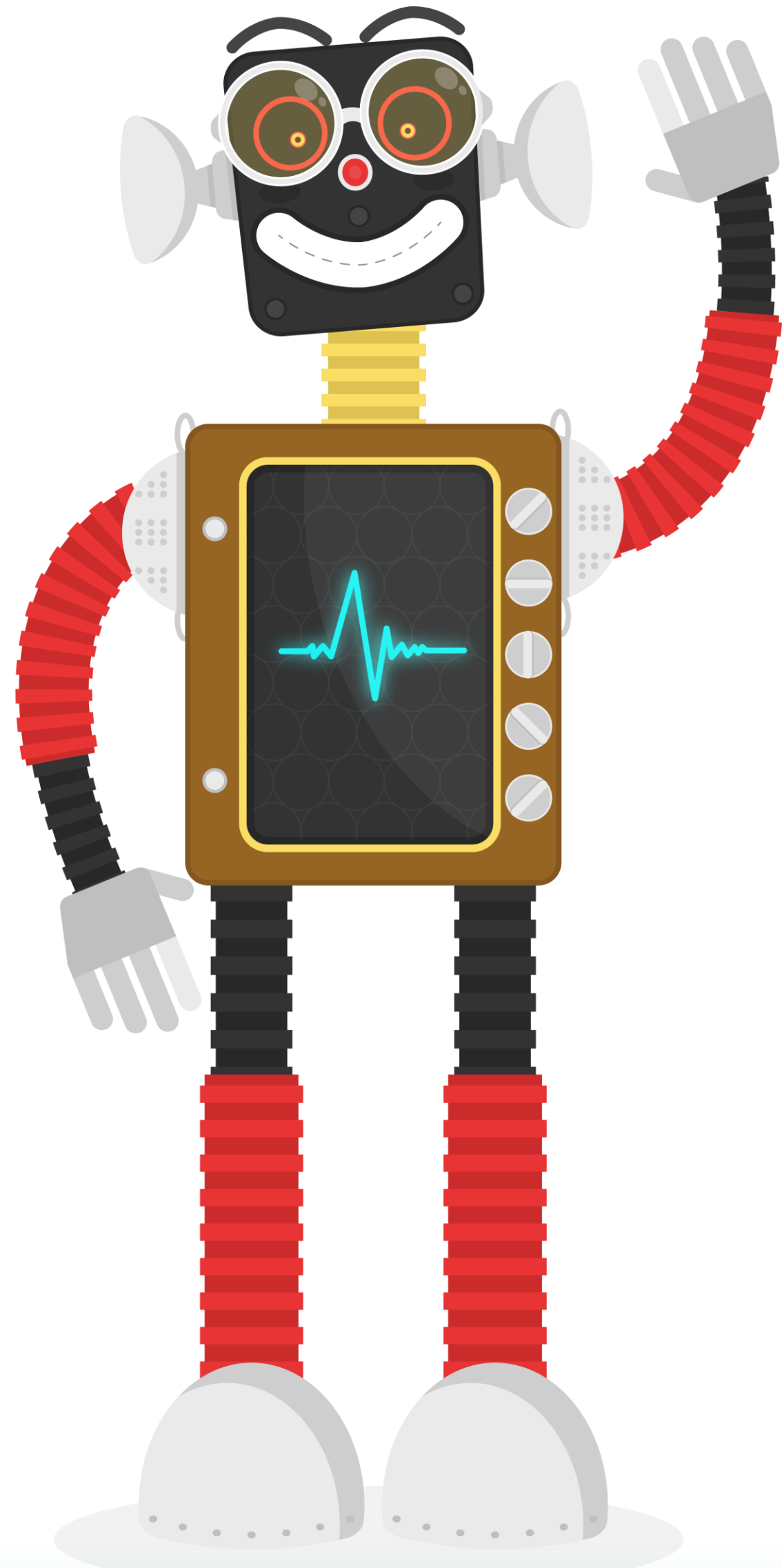
Let's hear all about HeartSmart, straight from the creator himself...

<https://youtu.be/WI9XpRqJXwQ>





Make your
own Boris
using the
card shapes
and split
pins.



Thank you so much for
joining us children –
you may go back to
class

Things to consider...

1. The voice of the Scrapman – how much does this impact upon your child?
2. Are there particular principles that your child/ren finds easier or trickier to master?
3. How do any difficulties with these principles present themselves at home?
4. How could you use the HeartSmart language at home?

Homework Task -

<https://www.youtube.com/watch?v=tn5Tb8q7nDA>



