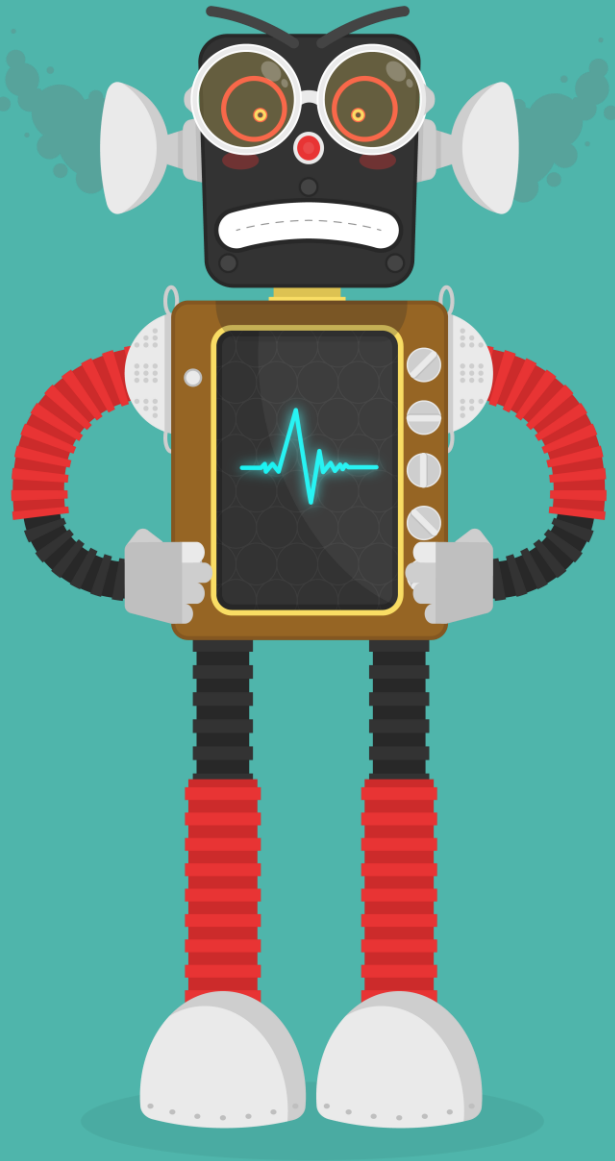


## HeartSmart@Home – What is the plan?

Timings		<b>Session overviews:</b>
1.45pm	A hot drink and an informal chat	<ol style="list-style-type: none"><li>1. Get HeartSmart (10<sup>th</sup> January)</li><li>2. Don't forget to let love in (24<sup>th</sup> January)</li><li>3. Too much selfie isn't healthy (7<sup>th</sup> February)</li><li>4. Don't hold onto what's wrong (21<sup>st</sup> February)</li><li>5. Fake is a mistake (7<sup>th</sup> March)</li><li>6. No way through, isn't true (21<sup>st</sup> March)</li></ol>
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	

Don't Hold  
Onto  
What's  
Wrong!



Don't Rub it in, Rub it Out!

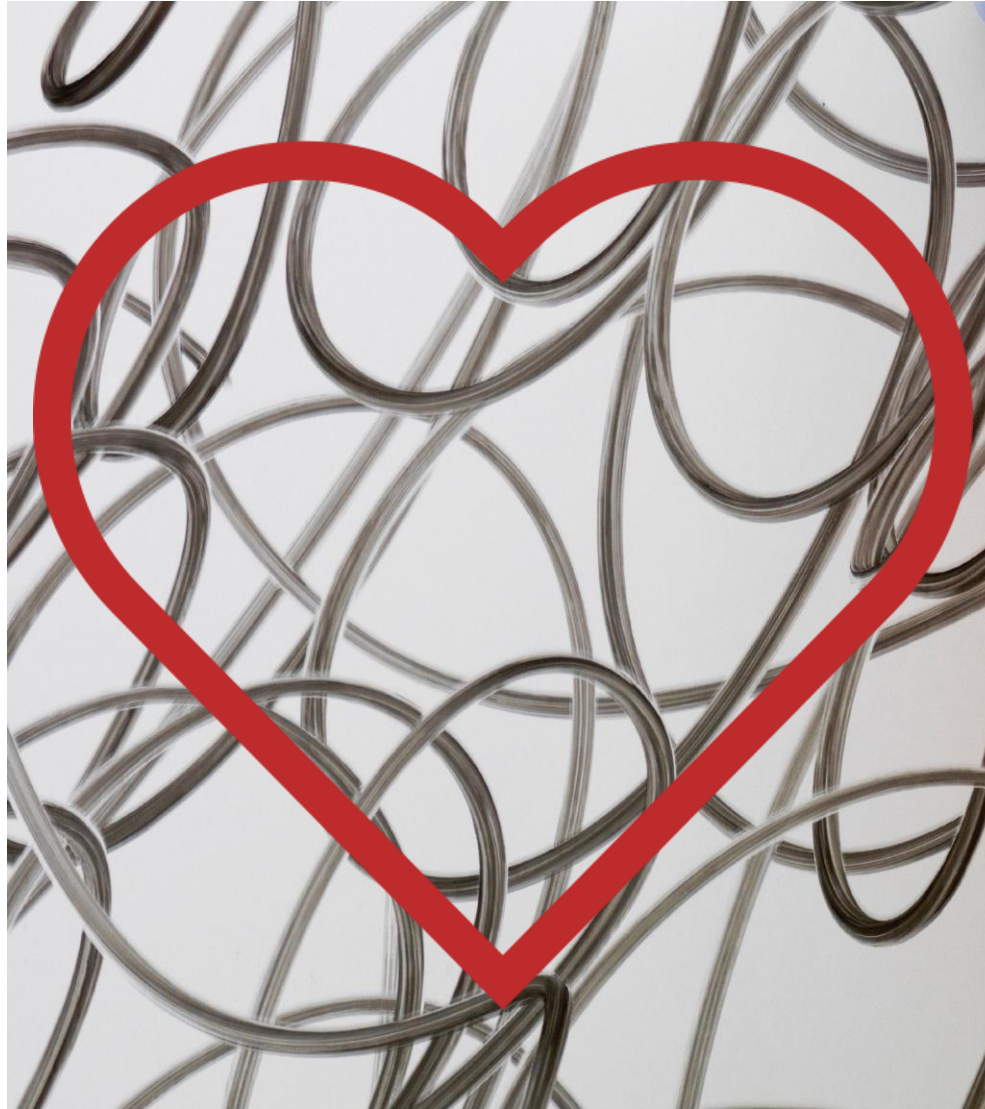


Don't Rub it in, Rub it Out!





Don't Rub it in, Rub it Out!



Don't Rub it in, Rub it Out!





# Don't Rub it in, Rub it Out!

**Oops!**

Eggs smashed on the floor.



**Whoops!**

Mixture went over the walls and the door

(And the ceiling)

(And **BORIS**)

Then, **Splash!**

The milk went spilling all over the ground.

**BORIS** slipped,



and... **crash!**

The bowl with the mixture went

tumbling down.

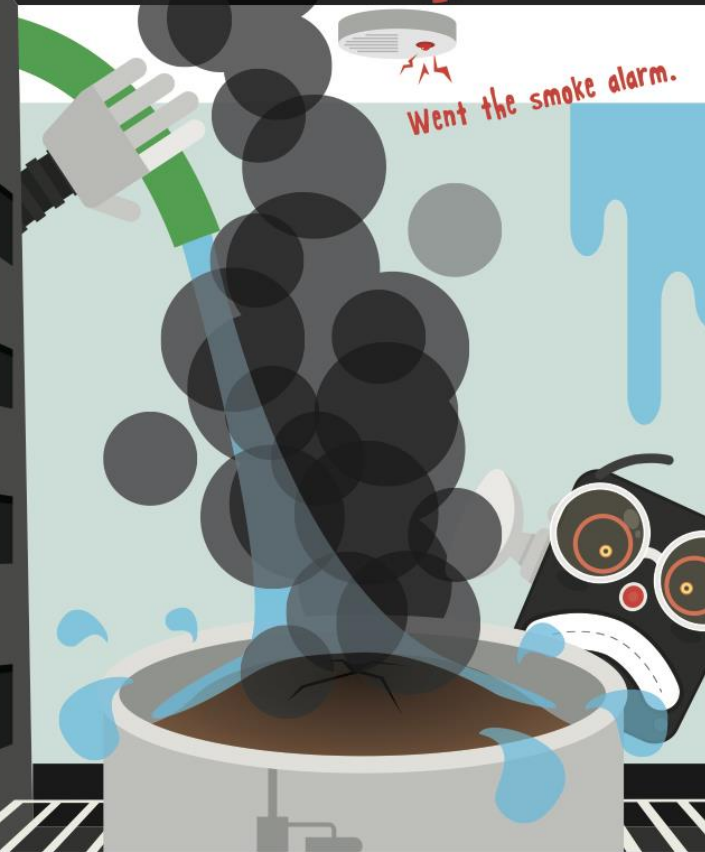


Finally, into the oven, **BORIS** put the cake.  
But when he looked at the kitchen,  
Oh dear... What a state!

In a panic, he tried to tidy up.  
*Brushing... sweeping... washing up.*  
But he got so busy, he forgot to make  
A note of how long it would take  
For the cake to bake.

Suddenly, **BEEP BEEP BEEP**

Went the smoke alarm.



**BORIS** gave a shout,  
Ran to the oven  
and pulled the  
poor cake out.

Quickly **BORIS** tried  
to cool it down.  
Grabbed a hose pipe  
from the garden and  
squirted it around.

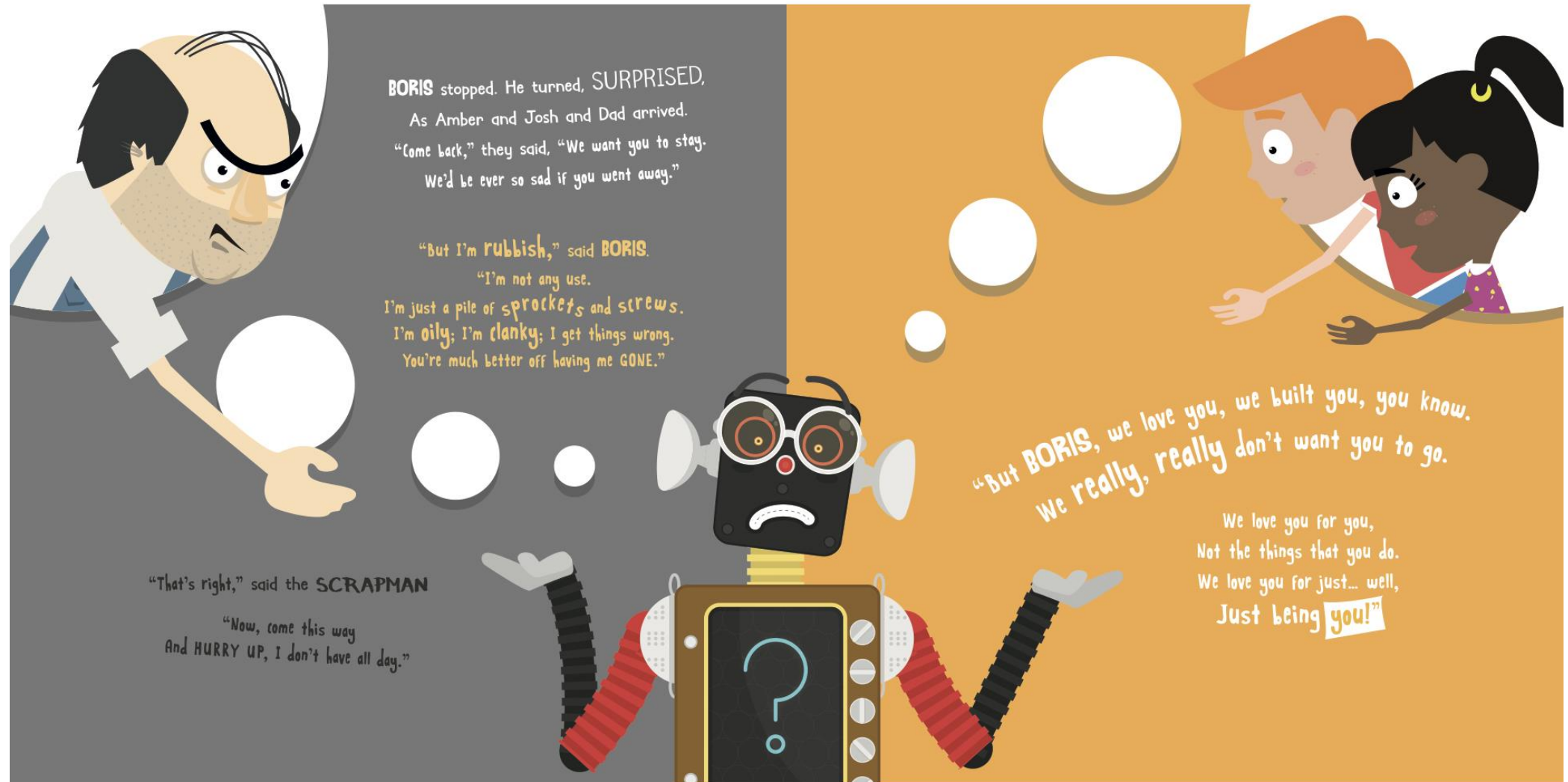
**Whoosh!**

There was water,  
water everywhere.  
On the walls and  
up the stairs.

**Uh oh!**



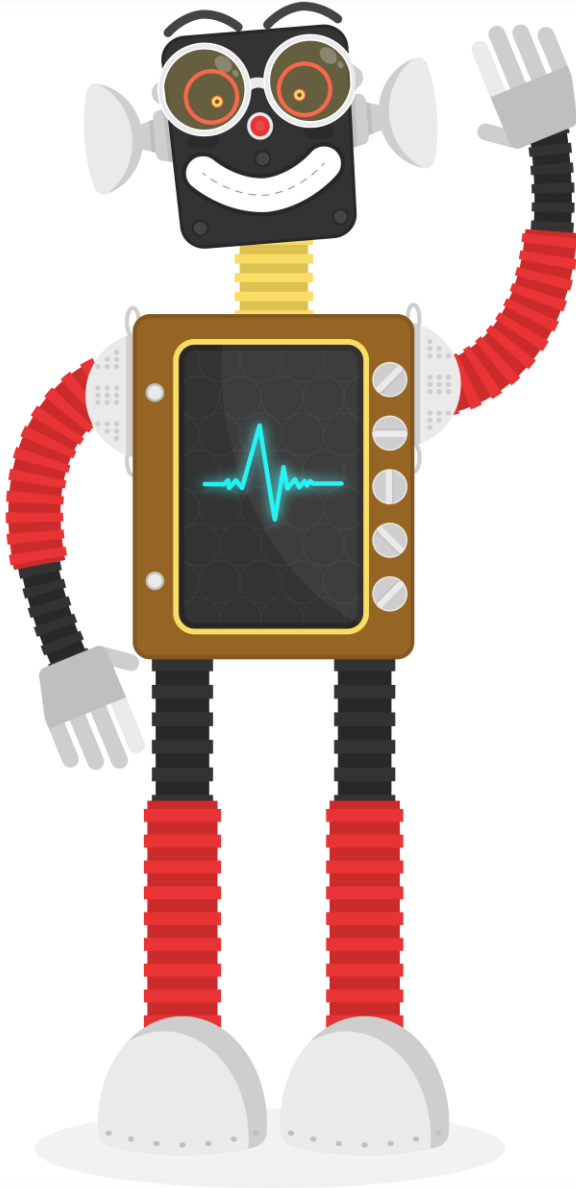
# Don't Rub it in, Rub it Out!



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Don't Rub it in, Rub it Out!



# Welcome Children!

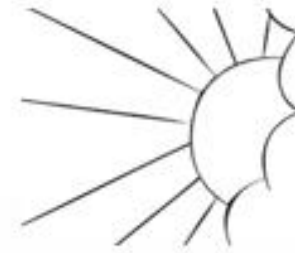
# Don't Hold Onto What's Wrong

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

<https://www.heartsmartv.com/carousel/videos/heartsmart-high-five>

## Task One - Forgiveness Rainbow

*We all make mistakes...*



*A little bit of forgiveness, like sunshine,  
makes everything seem brighter...*

*Then sometimes, something amazing*



## Strategies to help us forgive.

Talk to someone you trust.

Write it on a piece of paper and throw it away.

Write a letter to explain how you feel.

Go to a safe space to do a calming activity.

Play a game you enjoy.

Sometimes you might even need to say sorry yourself.

To forgive yourself use your positivity jar to remind yourself you are brilliant.

Listen to some music.

## Task Two

### Make a forgiveness chatterbox

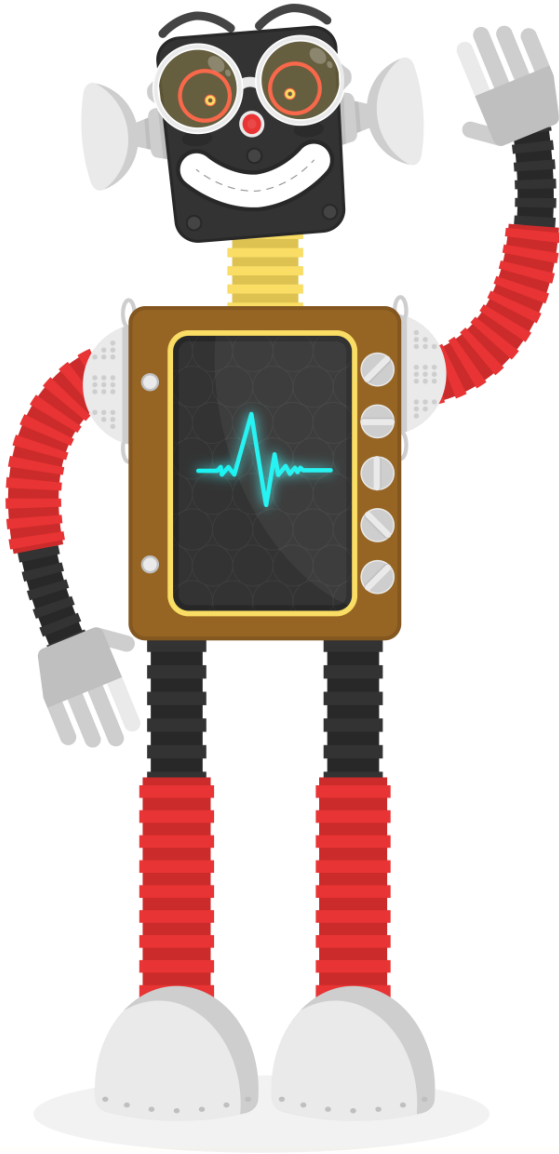
Person – find a person  
you trust to talk to.



Follow the instructions on  
your table. Include  
strategies to help forgive.  
Think about Person,  
Place, Play.

Play – what games can you play to help?

Place – find a place you can go to feel safe.



Thank you so much for joining us. You can now go back to class.

Homework is a fun science experiment. Your parents will tell you about it.

## Things to consider...

**Does your child find forgiving others or themselves more or less difficult?**

**You often experience feelings of hurt when forgiveness is required. How comfortable is your child at discussing their feelings of hurt?**

**How could you apply 'place, person, play' in your home environment?**

**What language could you use at home to model the acceptance of making mistakes?**



## Homework

<https://heartsmart.family/dont-hold-on/>

