

Please find a seat and
leave a space for your
child.

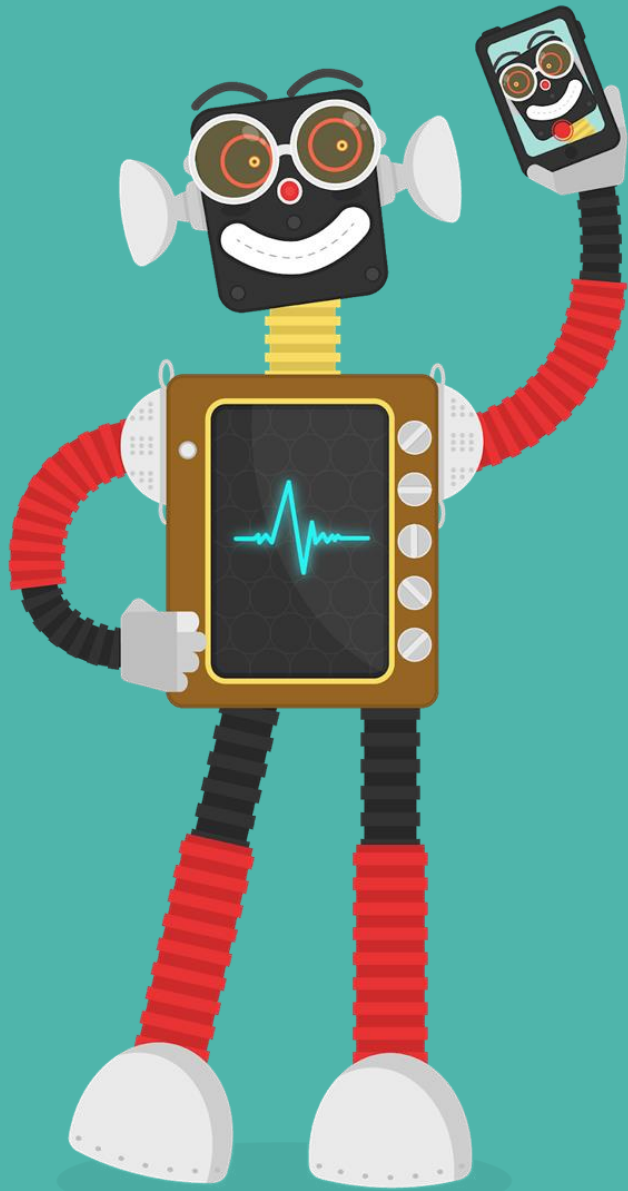
Remember to sign in
and collect a pack
ready for today.

Help yourself to tea or
coffee and a biscuit or
two!

HeartSmart@Home – What is the plan?

Timings		Session overviews:
1.45pm	A hot drink and an informal chat	
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	

1. Get HeartSmart (10th January)
2. Don't forget to let love in (24th January)
3. Too much selfie isn't healthy (7th February)
4. Don't hold onto what's wrong (21st February)
5. Fake is a mistake (7th March)
6. No way through, isn't true (21st March)



Too Much
Selfie
isn't
Healthy!



Too Much Selfie isn't Healthy!



Too Much Selfie isn't Healthy!



Too Much Selfie isn't Healthy!



Too Much Selfie isn't Healthy!

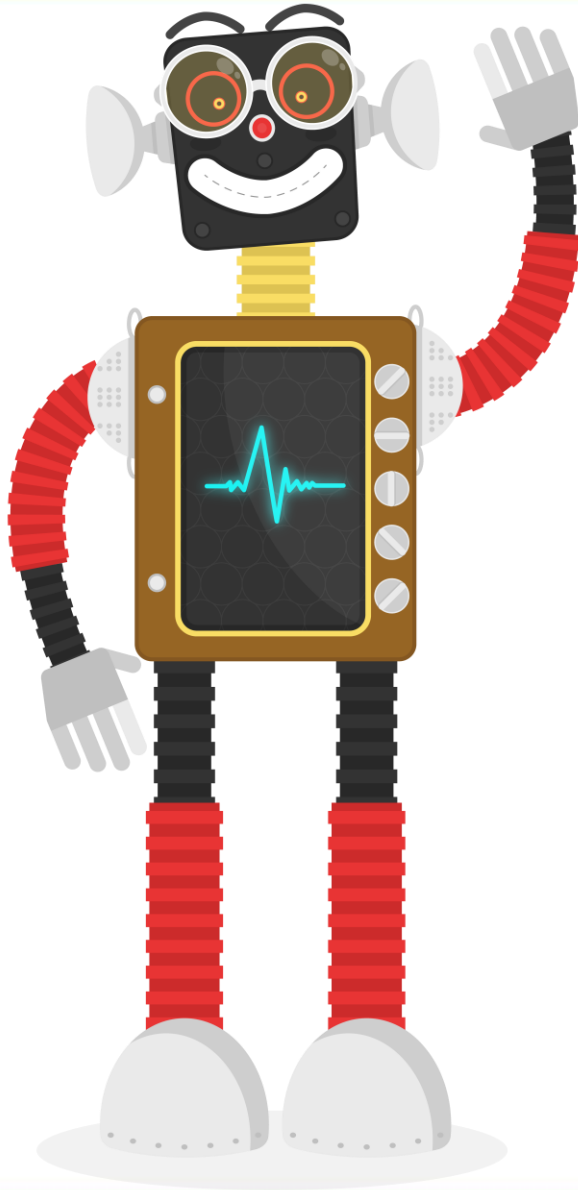


Too Much Selfie isn't Healthy!



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.heartsmartv.com/carousel/videos/heartsmart-high-five>

Task

Make an unselfie calendar.



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 –
year5@stmarksce.org.uk or year3@stmarksce.org.uk

