

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

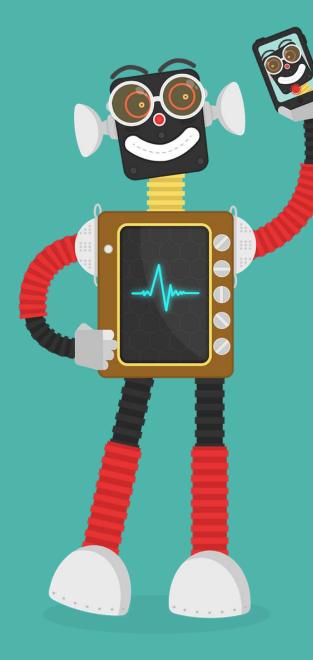
Remember to sign in and collect a pack ready for today.

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

Get HEARTSMART

<u>HeartSmart@Home – What is the plan?</u>

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.	 1. Get HeartSmart (10th January) 2. Don't forget to let love in (24th January)
2.15pm	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 (7th February) 4. Don't hold onto what's wrong (21st
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.	 February) 5. Fake is a mistake (7th March) 6. No way through, isn't true (21st March)
3pm	Finish	



















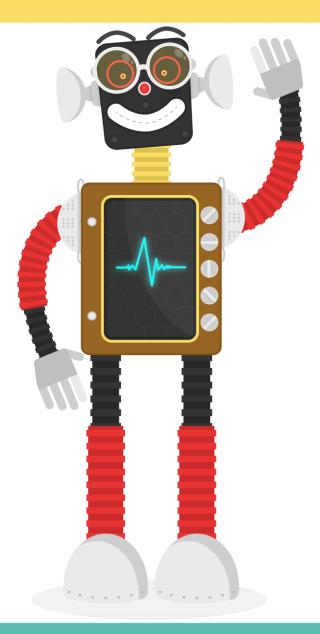












Welcome Children!



Too Much Selfie Isn't Healthy

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

https://www.heartsmartv.com/carosel/videos/heartsmarthigh-five



Task Make an unselfie calendar.

	KIND	NESS CAL	ENDAR -	DECEMBER	2017	
	/henever possibl ossible" - Dalai I		FRIDAY 1 Encourage	SATURDAY 2 Make some	SUNDAY	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	others to practice kindness: share this calendar	homemade gifts to give away this Festive Season	happy note for someone else to find
4 Give money	5 Count how	6 Do something	7 Pick up	8 Say something	9 Buy some	10 Give clothes,
for each bed in	many people	helpful for a	litter or leaves	positive to	extra items and	blankets or toy
your house to a	you smile	friend or family	in your local	everyone you	donate them to a	to others who
homeless charity	at today	member	neighbourhood	meet today	local food bank	may need then
11 Do an act	12 Offer hugs	13 Give a	14 Leave some	15 Pay it	16 Make a card	17 Take some
of kindness	to your loved	compliment to as	money (with a	forward: pay for	or decoration	supplies to
to help an	ones and	many people as	happy note) for	a stranger's hot	for someone	a local animal
older person	friends	possible today	someone	drink in a cafe	special	shelter
18 Try out	19 Cook an	20 Thank people	21 Offer to	22 Give someone	23 Call a relative	24 Give money
the art of	extra meal and	who do things for	take a friend's	your place in a	who is far away	to a good cause
positive	surprise someone	you but you may	dog out for	queue (in a shop	to say hello and	for every presen
gossiping!	with it	take for granted	a nice walk	or in traffic)	have a chat	you wrap
25 Find ways	26 Turn off	27 Get outside	28 Forgive	29 Do a good	30 Be kind to	31 Plan what
to be kind	digital devices	into nature	someone and	deed to bring	you: Take a walk	extra acts of
to yourself	and really listen	and feed the	look for their	a smile to	and focus on	kindness you wi
today!	to people	birds today	good points	someone's day	nature's beauty	do in 2018

Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6
Give a compliment to a friend,	Tape change to a vending machine.	Make a card for a soldier.	Pick up litter in your neighborhood.	Bring coffee to your teacher.	Send a hug made from paper to someone you love.
8	9	10	11	12	13
Give someone a hug coupon	Donate a book to your library or hospital.	Leave a happy note or kindness stone for someone to find.	Do yard work for a neighbor	Donate outgrown toys to your favorite charity.	Candy cane bomb a parking lot.
15	16	17	18	19	20
Make a thank you card for your librarian.	Do a chore for someone in your family.	Donate food to your local food pantry.	Leave a popcorn surprise on a DVD rental machine.	Smile at everyone you see today.	Take supplies to the animal shelter:
22 Give treats to your mail carrier.	23 Feed the birds.	24 Take cookies to the fire station.	25	26	27
29	30	31			
	1 Give a compliment to a friend. 8 Give someone a hug coupon. 15 Make a thank you and for your librarian. 22 Give treats to your mail corrier.	1 2 Give a compliment to a friend. Tape change to a vending mochine. 8 9 Give someone a hug coupon. Donate a book to your library or hospital. 15 16 Make a thank you card for your librarian. Do a chare for someone in your tamily. 22 23 Give treats to your mail carrier. Feed the birds.	1 2 3 Give a compliment to a friend. Tape change to a vending machine. Make a card for a soldier. 8 9 10 Give someone a hug coupon. Donote a book to your library or hospital. Leave a hoppy note or kindness stone for someone to find. 15 16 17 Make a thonk you cord for your librarian. Do a chare for someone in your tamily. Donate tood to your local tood partry. 22 23 24 Give treats to your mall carrier. Feed the birds. Take cookies to the fire station.	1234Give a compliment to a friend.Tape change to a vending machine.Make a card for a soldier.Pick up litter in your neighborhood.891011Give someone a hug coupon.Donate a book to your library or hospital.Leave a hoppy note or kindness store for someone to find.Do a neighbor15161718Make a thank you cord hor your librarian.Do a chare for someone in your tamily.Donate tood to your local tood partry.Leave a popcorn surprise on a DVD ranted machine.22232425Give treats to your mail carrier.Feed the birds.Take cookies to the for station.24	12345Give a compliment to a friend.Tape change to a vending machine.Make a card for a soldier.Pick up litter in your neighborhood.Bring coffee to your leacher.89101112Give someone a hug coupon.Donate a book to your library or hospital.Donate on took to cr kindness store for someone to find.1112BDonate a book to your library or hospital.Donate on took to cr kindness store for someone to find.Do yard work for a neighbor.Donate outgrowen toys to your favorite chanity.1516171819Make a thank you cold hor your librarian.Do a chare for someone in your tamily.Donate tood to your local tood party.Easter a popcorm surprise on a DVD ranted machine.Smile at everyone you see today.2223242526Give treats to your mail carrier.Feed the birds.Take cookies to the fer station.2526



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

