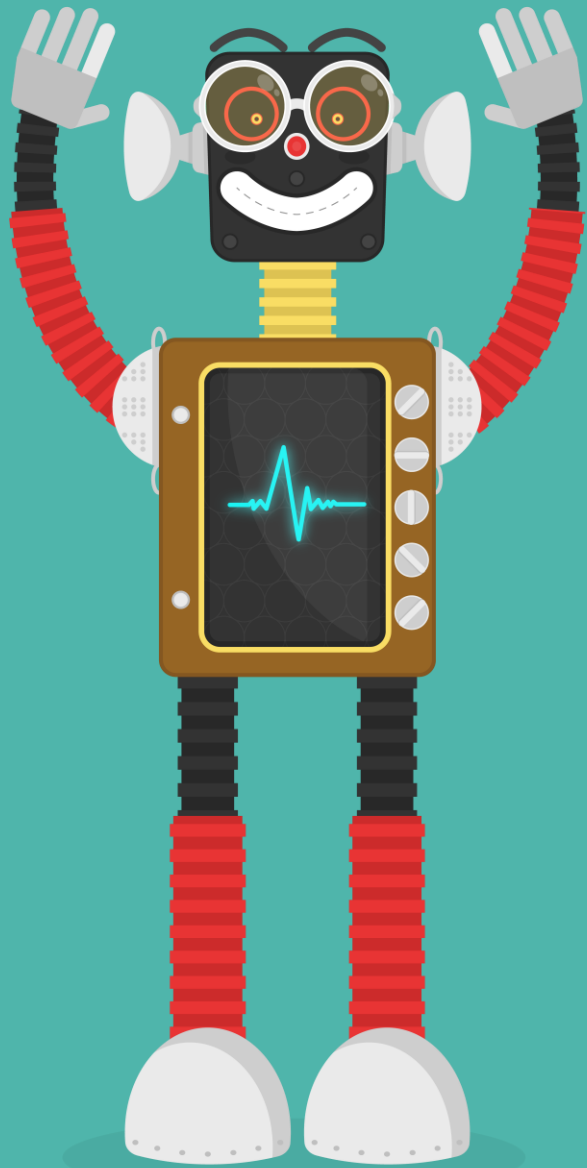


'No Way Through' isn't True!

Timings		Session overviews: 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)
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	



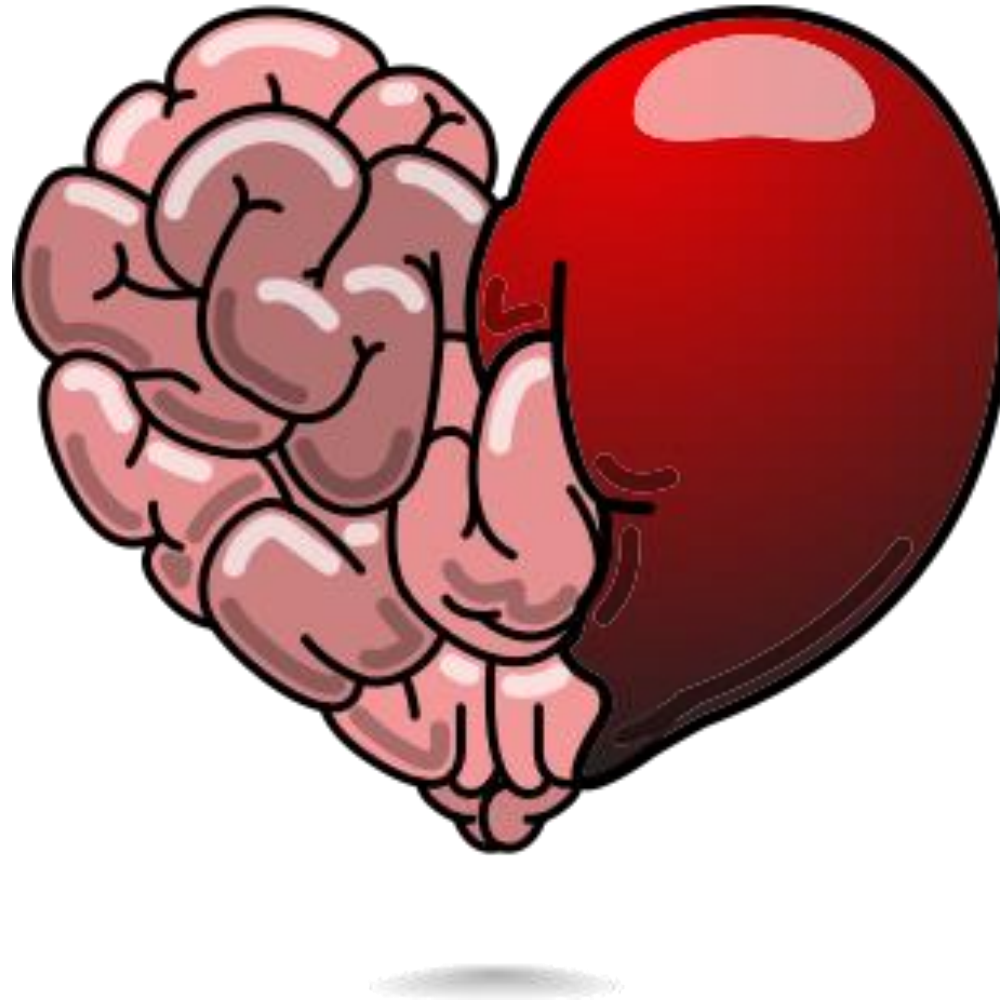
‘No Way
Through
isn’t True’



'No Way Through' isn't True!



'No Way Through' isn't True!



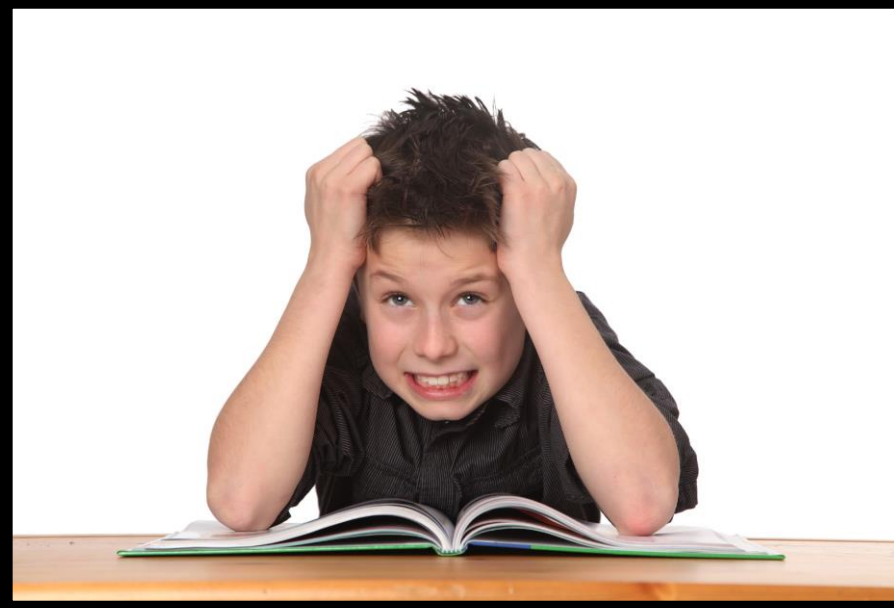
'No Way Through' isn't True!



'No Way Through' isn't True!

Hope

'No Way Through' isn't True!



'No Way Through' isn't True!



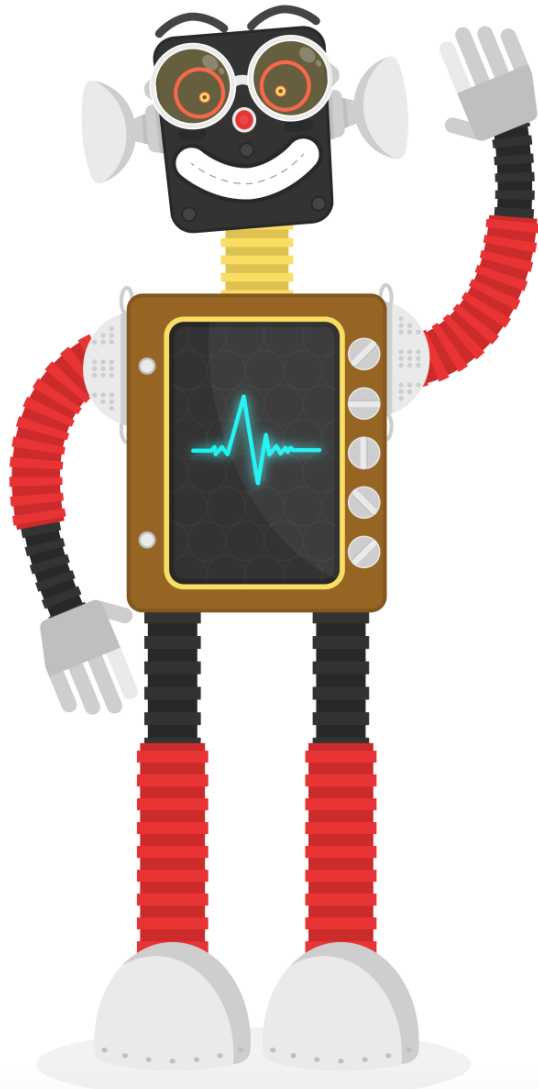
When we hear the voice of the scrapman, how do we look for the truth?

	8	4	2
-	5	1	9
<hr/>			
	3	3	7
<hr/>			

Not quite Sammy. Can you correct your mistake?



'No Way Through' isn't True!



Welcome Children!

No Way Through Isn't True

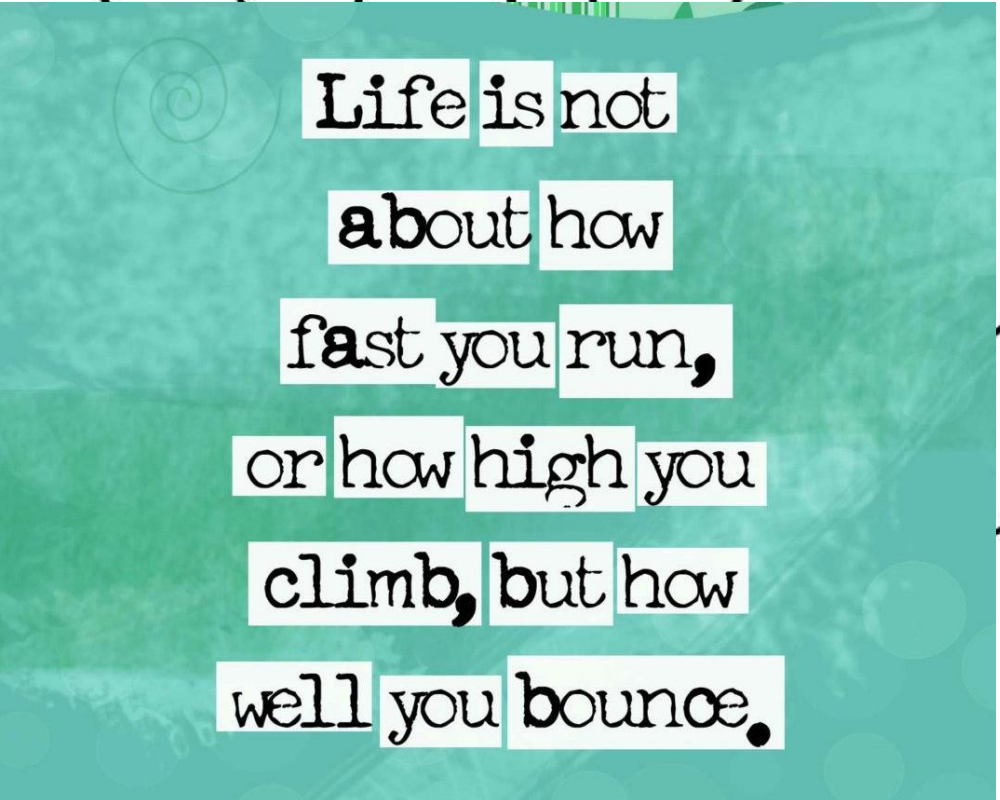
Let's hear all about this principle,
straight from the creator himself...

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

Task 1

Handprints with resilience quotes

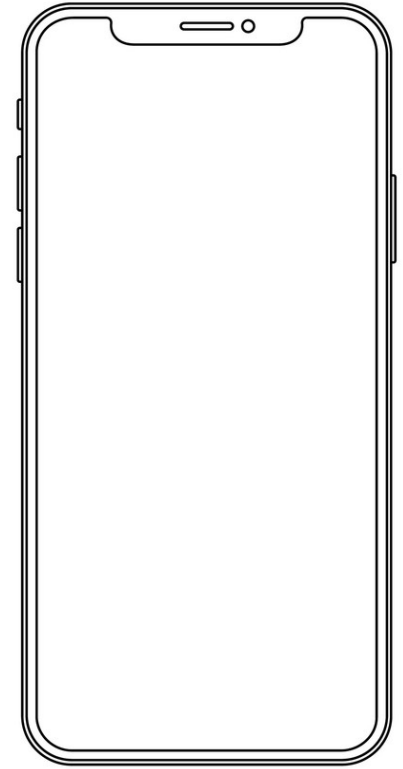
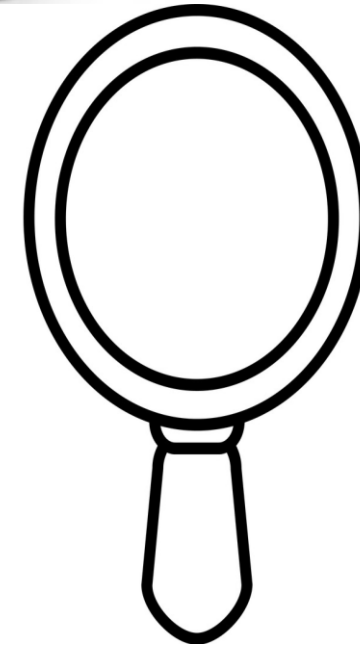
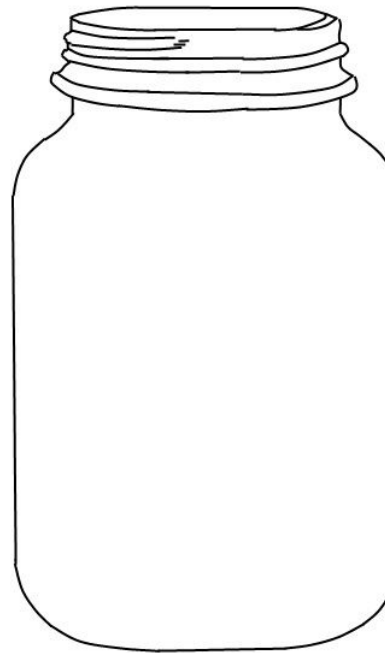
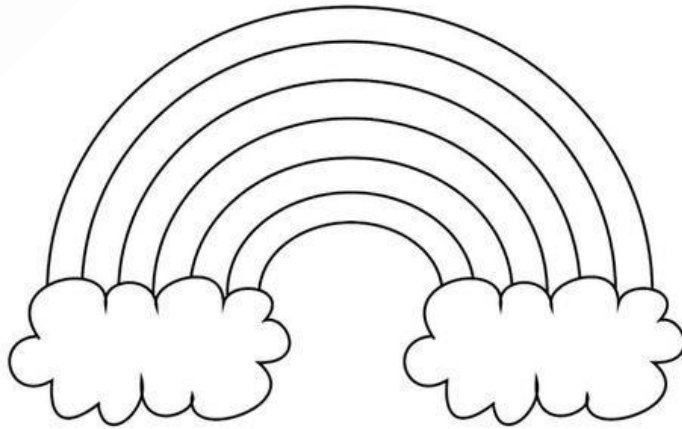
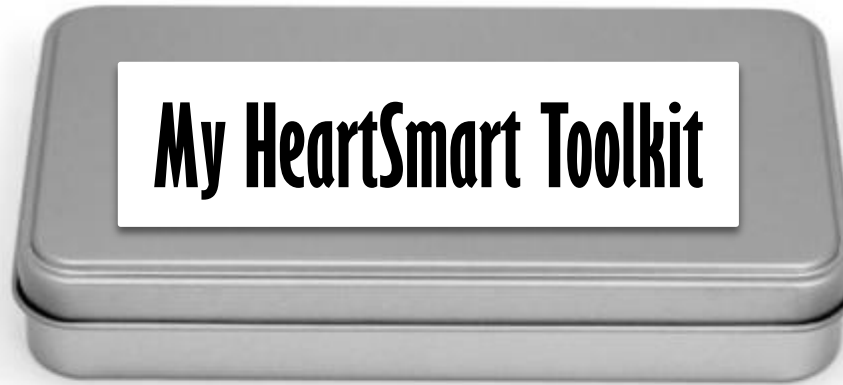
1. Get your grown up to draw around both of your hands on the card
2. Choose your favourite resilience quotes and record one inside each handprint
3. Decorate your handprints



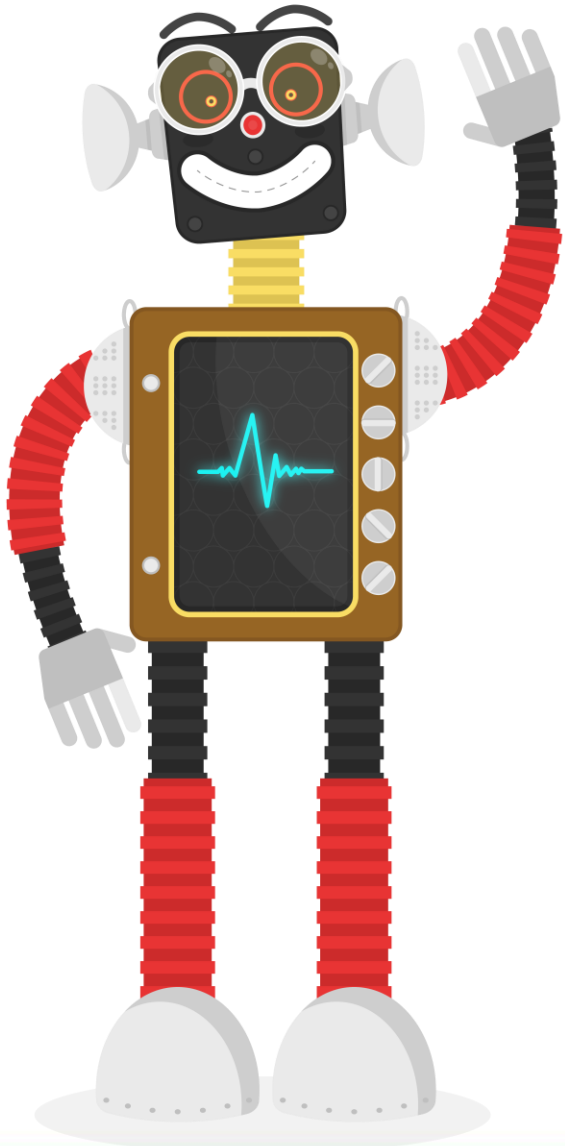
Life is not
about how
fast you run,
or how high you
climb, but how
well you bounce.

Task 2

Boris Toolkits



Label, decorate
and cut out your
HeartSmart
toolkit!



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

Your homework is to share your toolkit with the other people you have at home with you.

Points to consider...

- How can you encourage resilience in your home environment?
- Are there particular times or activities where you child/ren find it easier or more difficult to be resilient?
- How can you keep HeartSmart alive in your house?

Homework

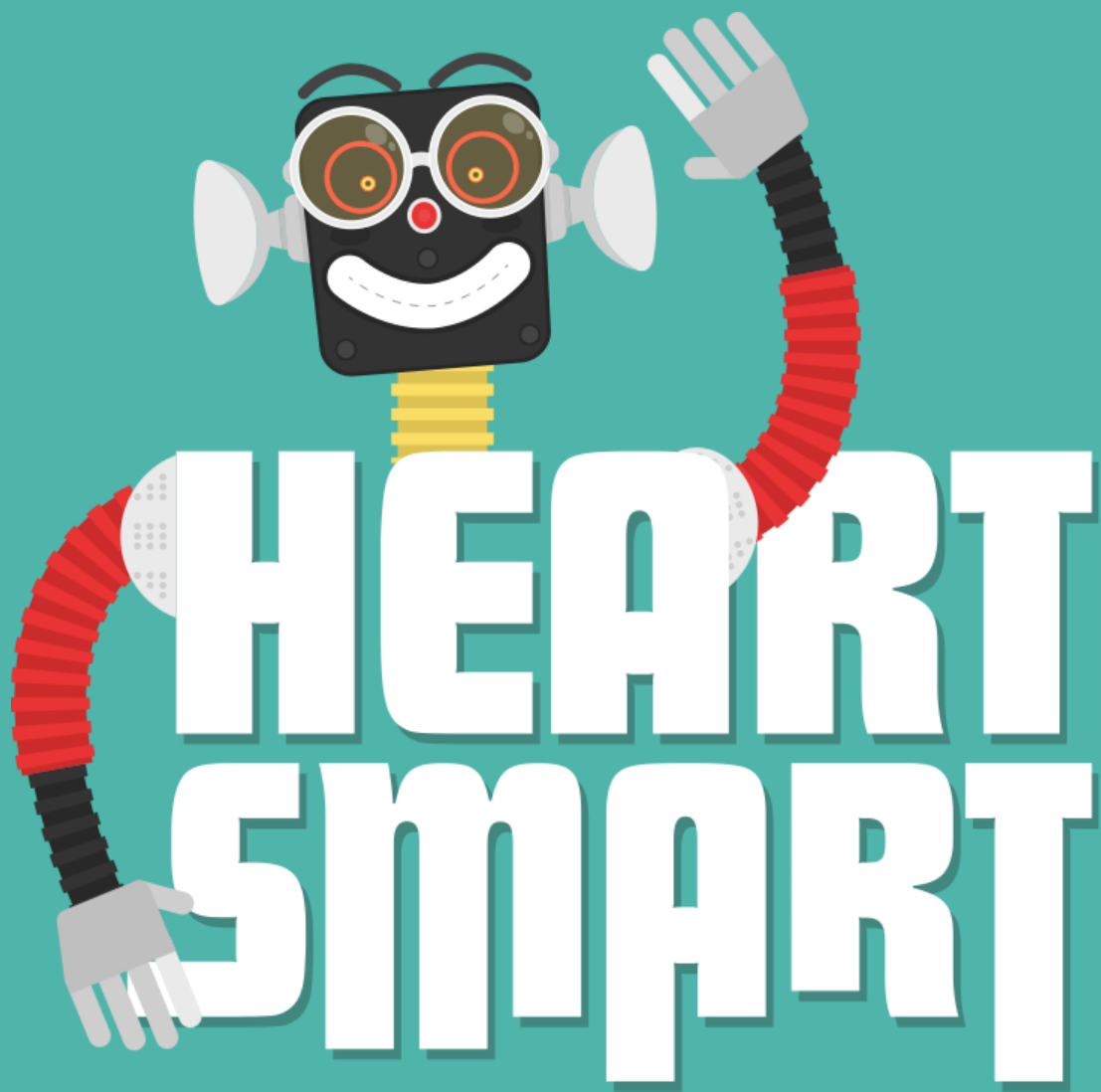
Please allow your child/ren to share their toolkits with other family members and talk about the principles together.

Feedback

Please tell us what you think about HeartSmart@Home!
We'd love to know your thoughts and your child's thoughts
too.

Thank you so much!

<https://www.stmarksprimary.net/heartsmartathome/>



Thank you so
much for joining
us for
HeartSmart at
home!