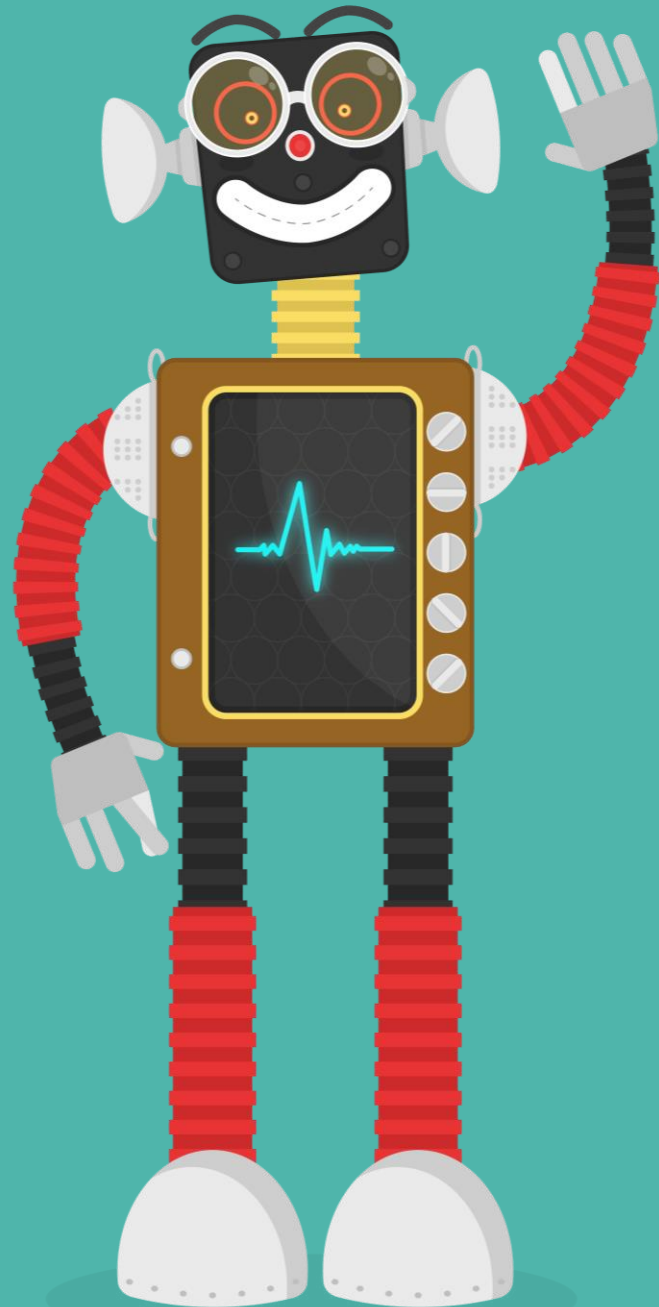


HeartSmart@Home – What is the plan?

Timings		Session overviews:
1.45pm	A hot drink and an informal chat	<ol style="list-style-type: none">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)
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	



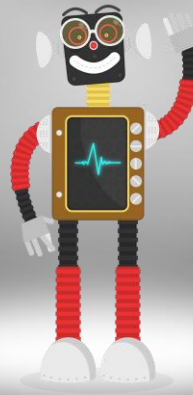
Fake
is a
Mistake



Fake is a Mistake!



Fake is a Mistake!

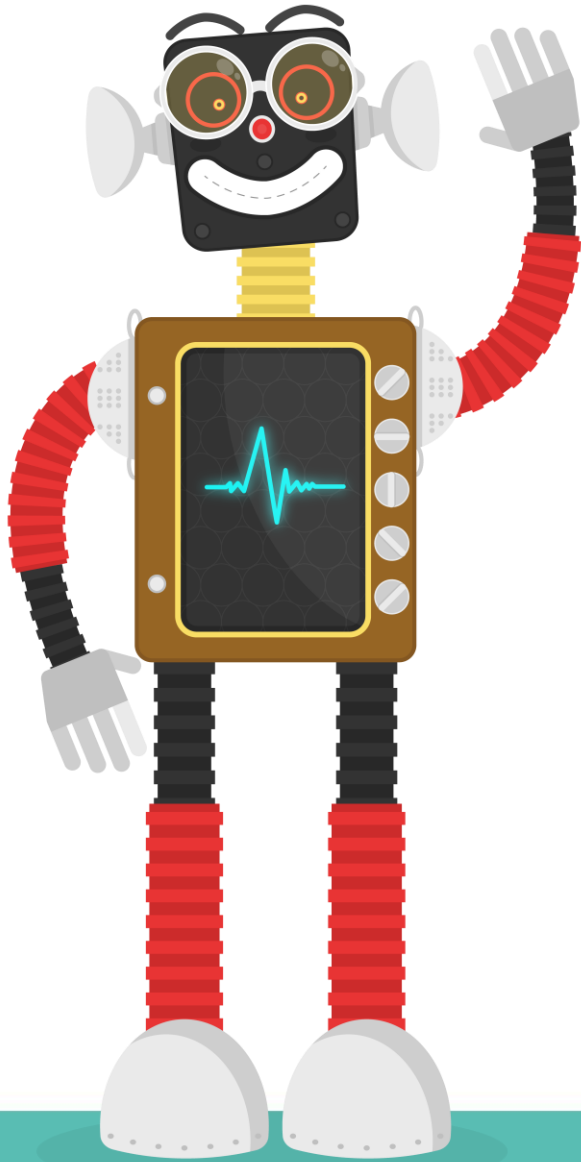


Fake is a Mistake!



Fake is a Mistake!





Welcome Children!

Fake is a Mistake

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

[https://www.heartsmartv.com/carose
|/videos/heartsmart-high-five](https://www.heartsmartv.com/carose/|/videos/heartsmart-high-five)

Task 1

Place the post-it notes on the continuum. Talk through each one with your grown up.

Truth or lies?

100%
truth

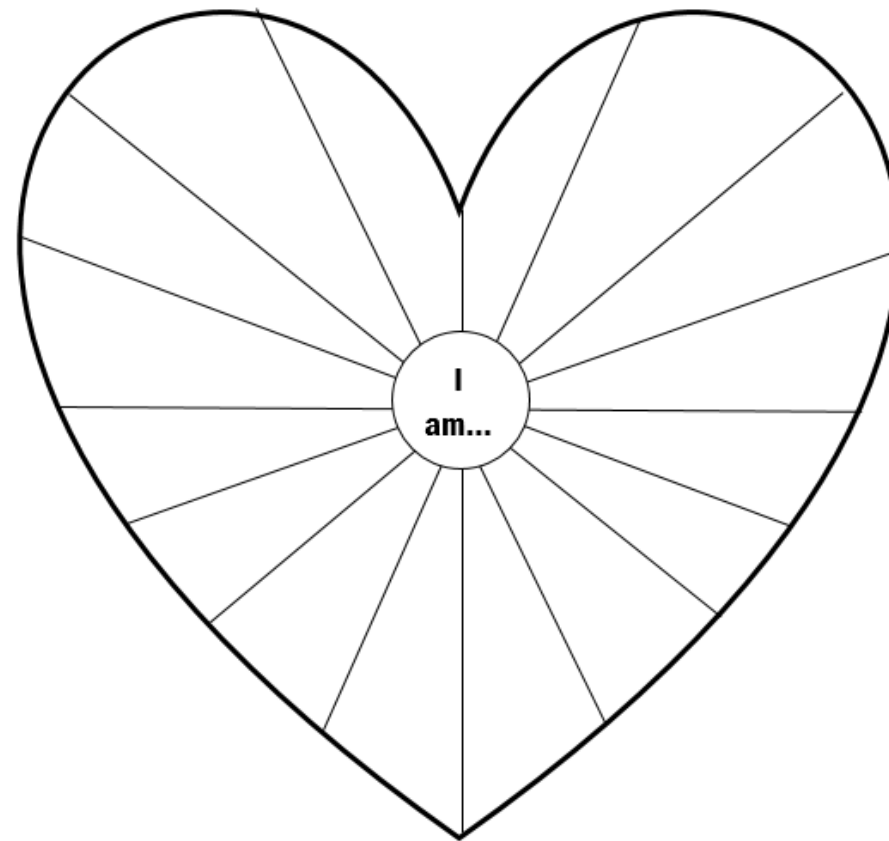
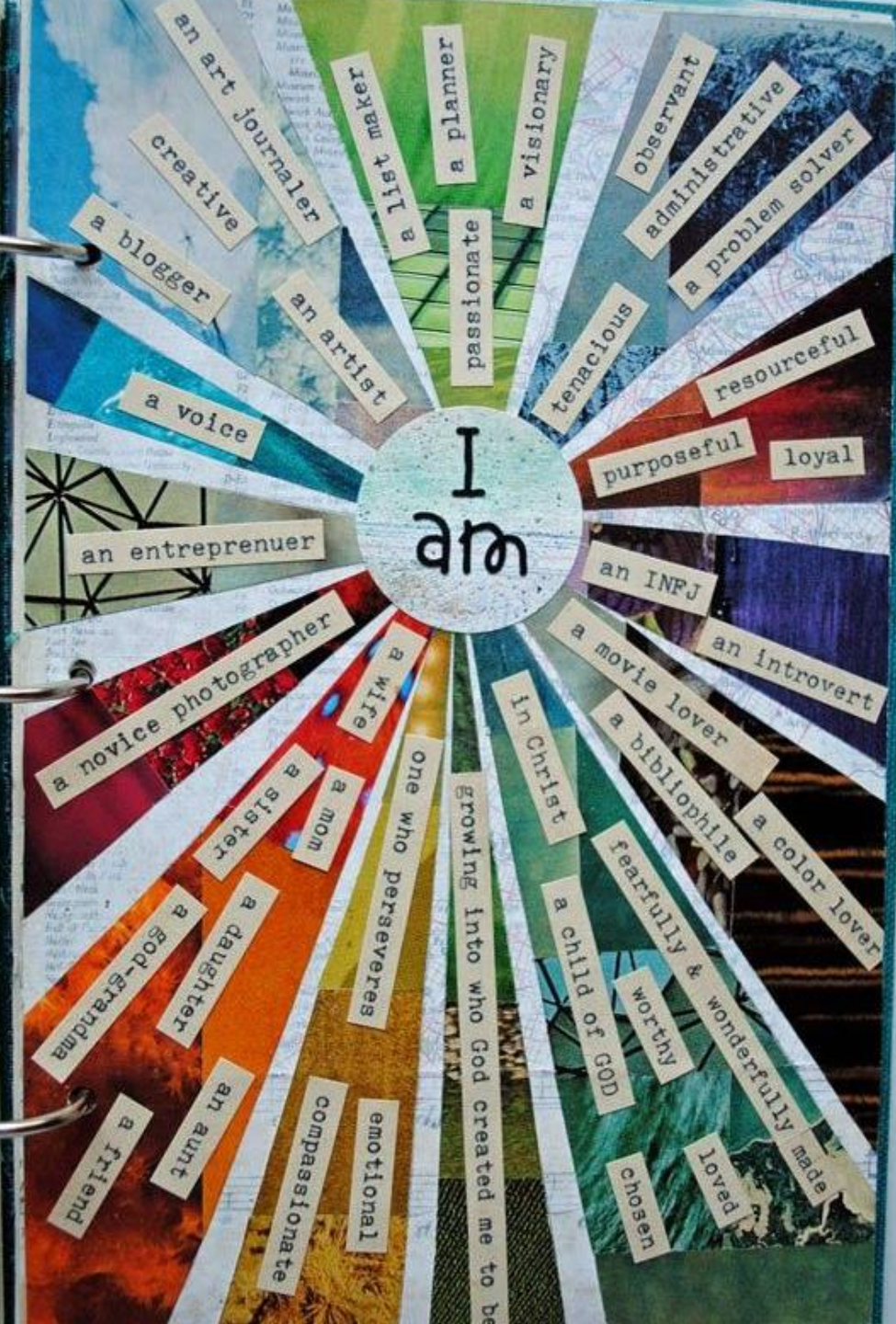
100%
lies

Hiding
actions that
you know
were wrong.

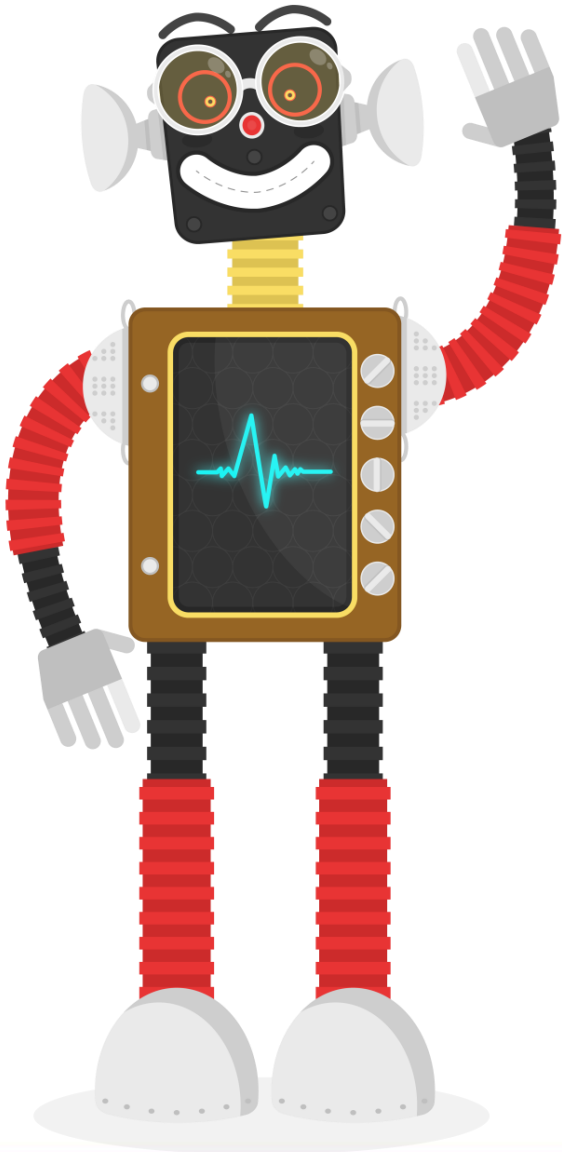
Fake is a Mistake!

Task 2

Being true to myself heart art work.



Fill in each section with something that is unique to you. Then decorate your heart!



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

Homework is making a truth poster.
Your parents will tell you about it.

Things to consider

- Are there situations you are aware of when your children find it harder to be themselves?
- How can we support our children to feel they are good enough as they are?
- What can we put in place to ensure our children always feel safe enough to tell the truth?

Homework

Make your own truth poster.

<https://heartsmart.family/fake-is-a-mistake/>

