YEAR 1 • PSHE • UNIT 1

Get HeartSmart

How can we care for ourselves and others?

What we need to know

Our words and actions have power

We can use them to help or hurt. We can choose to invite someone to play.

We can name our feelings

We might feel happy, sad, worried or cross. Talking about how we feel can help.

Kindness can spread

Kind words can help us feel cared for. We can pass that kindness on.

We can show we are grateful

We can tell someone what we are thankful for. “Thank you for helping me.”

Healthy choices help us feel well

Moving our bodies, drinking water and getting enough sleep help us stay healthy.

Key words

HeartSmart Caring for myself and others.

power Being able to make a difference.

feeling An emotion, like joy or worry.

grateful Feeling thankful for someone or something.

healthy choice Something I choose to do to help my body or mind stay well.

Can you remember?

1. Name two feelings.
2. How can you use your power to help?
3. Who could you thank today and why?
4. What could Boris do to stay healthy?

Unit outline from the HeartSmart Year 1 curriculum overview