

GET HEARTSMART

YEAR 4 | PSHE | UNIT 1 | KNOWLEDGE ORGANISER



Big question: How can my choices care for my own heart and other people's hearts?

1 Being HeartSmart

Being HeartSmart means showing care for myself and other people. My words and actions can affect how people feel.

Remember: Everyone matters. I deserve kindness too.

2 Words have power

Words can encourage someone or make them feel hurt. Think about what you say to others and to yourself.

Try: "You can join us."
"I am still learning."

3 Growing good qualities

"Reap what you sow" means that what we practise can grow. Small, repeated choices help us develop qualities such as kindness and patience.

Try: Listen, take turns and offer help.

4 Choosing who to trust

Trust grows when someone is honest, reliable and respects our boundaries. A friendly face alone does not show that someone is safe.

Remember: Tell a trusted adult if something worries you. Keep telling until you get help.

5 A healthy family recipe

Families can look different. Healthy family life includes love, safety, care, respect and support. People listen and help one another.

Think: Which caring actions help people feel they belong?

6 Looking after our minds

Mental wellbeing is about how we feel and cope. Rest, movement, enjoyable activities and supportive people can help. Worries and hurtful behaviour can make things harder.

Try: Name your feeling and talk to a trusted adult. You do not have to manage worries alone.

KEY VOCABULARY

consequence - a result of a choice • characteristic - a quality a person has • trust - believing someone is reliable
respect - treating people as valuable • wellbeing - how we feel and cope • boundary - a limit that protects comfort or safety

CHRISTIAN REFLECTION • Love in action

Jesus teaches people to love their neighbour (Mark 12:31).
Reflect: How can I show love through my words and actions?

UNIT REFLECTION • My HeartSmart choice

How have I cared for myself and others?
My next step: This week, I will... because...