



HEARTSMART CURRICULUM MAP OVERVIEW



Term	Year Group	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1 GET HEARTSMART	Nursery	Boris' Beginnings	Build-a-Boris	Boris Shapes	Happy and you know it	Boris Face Dough	Boris' Hanging Hearts	
	Reception	My HeartSmart Toolbelt	Becoming Boris	Fill Boris' Toolbox	How do they feel?	My Heart is Full	Heart Hunt	
	Year 1	Get HEARTSMART	Power	Feelings Bingo	What goes in, must come out – Worms!	Guess Who?	Healthy Choices	Get HEARTSMART Reflection
	Year 2		Power Plus	Heart Decisions	Bright Hearts	Love Map	Boris Face Plate	
	Year 3		Batteries	Inside Out	Guard your Heart	My Squad	Full or Empty?	
	Year 4		Words have Power	Reap what you Sow	Wily Wolf	Family Recipe	Healthy Minds	
	Year 5		Boss v Leader	Lion Heart	Watch What You Watch, Watch	Letter of Thanks	Sleep Well	
	Year 6		Powerful Poses	Stone Trainers	Secret Scenarios	Tying the Knot	Healthy Food, Healthy Heart	
Autumn	Nursery		VIP Crowns	Mirror, Mirror	I am Special because I am...	I am Special Song	Fingerprint Tree	



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	Reception	I am Loved!	My Favourite Things	My Heart!	Twinkle Twinkle	Who am I?	EYFS has Talent	
	Year 1	Don't Forget to Let Love in!	Pants !	Truth or Lies	Would you Rather?	Marshmallow Test	Taking Care of Me	Don't Forget to Let Love in Reflection
	Year 2		I am cubes	Trash or Truth	Meaning of my Name	Boundin	Heartbeat	
	Year 3		Wear it with pride	Love is...	Moana	Growing Gratitude	Love Yourself	
	Year 4		Heart to Heart	Brilliant me ball	One in a million	Don't agree with I don't like me	Hands up!	
	Year 5		Gunner!	Make the Right Voice Choice	Under Pressure	Allocating Resources	Help!	
	Year 6		What are you worth?	People say I am	Thumbs Up	Gratitude Jar	Signs to Spot	
Spring 1 TOO MUCH SELFIE ISN'T HEALTHY	Nursery	Who is special to me?	My house	Catch a Smile	Friendship Web	A friend in need	Bird Feeders	
	Reception	I love to...	Parachute Families	Sorting Feelings	How do you do?	Helpful Hearts	Thank you for helping me	
	Year 1		Who's missing?	The Smartest Giant in Town	Who looks after me?	Teamwork – Monsters University	Helping Boris	Too Much Selfie Isn't
	Year 2		Spot the Difference	Secret Kindness Agents	Everyday Heroes	We all fit together	HeartSmart on the playground,	



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		Too Much Selfie Isn't Healthy!					HeartSmart Online	Healthy Reflection
	Year 3		Flip your phone	What's your emergency?	Elizabeth Everest	No man is an island	Padlocked Privacy	
	Year 4		What's missing?	Guess my feelings	Unseen heroes	Teamwork makes the dream work!	True Smartphone	
	Year 5		When I'm feeling lonely	Read my lips	Honour	Great Groups	Be aware what you share	
	Year 6		All the same, all different	Listen up!	You go before me	Growing together	Social media – good or bad?	
Spring 2 DON'T HOLD ON TO WHAT'S WRONG	Nursery	We're all friends together	Sharing Island Game	Robots and Mechanics	I am a kind friends	I make a good friend	Emoji Emotions	
	Reception	Super Friends	Musical Friends	Listening Ears	Soft Words, Hard Words	If I met the Scrapman	Grumpy Frog Story	
	Year 1	Don't Hold on to what's wrong!	Goldilocks and Baby Bear	Forgiveness Fizz	Chalk Faces	Disappointed Robots	Builders and Wreckers	Don't Hold on to What's Wrong Reflection
	Year 2		That's what friends are for	Balloon Spoons	Let the ouch out	Traffic Lights	Crumpled Hearts	
	Year 3		Magic Water	Play it out	Balloon Blast	Marble Jar	Who am I?	
	Year 4		Saying Sorry	Pass through the pain barrier	Good stress, bad stress	Boundaries	Be kind online	



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	Year 5		Different Perspective	Nelson Mandela	Emotions don't drive!	I did not I am	Bully Busting	
	Year 6		Work it out	Power of Forgiveness	Way to Say	Bit by Bit	Deep Impact	
Summer 1 FAKE IS A MISTAKE	Nursery	Boris has...	The truth according to Arthur story	Sorting words	Animal Game – thankful to be me	Thankful Walk	In my house	
	Reception	Boris and the Scrapman's Lies	Cheer up Boris!	How Rabbit got his long ears	Hat Game	Thankful Heart	Tell me about you	
	Year 1	Fake is a mistake!	The best me	Don't hide what's inside	Mask Making	Telephone Whispers	Smile!	Fake is a mistake Reflection
	Year 2		Grains of Sand	The truth about me	Real is a big deal	Nice to meet you!	Sun safe!	
	Year 3		Spot the difference	Shame Detectives	Circle of Trust	Build on truth	Allergy Allies!	
	Year 4		Human Beings not DOings	Voice of love	Speak Truth	Dare to be different	Risky Business	
	Year 5		Time to get real	No need to hide what's inside	Soft shells	Hearts that welcome feedback	Decisions, Decisions!	
	Year 6		This is me!	HeartSmart Self-Talk	Boundaries for respect	Vaccines – facts vs. fake news!	Fix it, find out, fit in!	



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Summer 2 NO WAY THROUGH, ISN'T TRUE	Nursery	Nuts and Bolts	With my... I can...	We're going on Bear Hunt	Incy Wincy Spider	Road Blocks	Cup Stack Challenge	
	Reception	Boris in the kitchen	I can challenge	Stuck!	When I grow up	Magnetic Maze	Changing Caterpillars	
	Year 1	No way through, isn't true!	Mission Possible	Tummy Talk	Seeds of Potential	Hearts that Dream	Love a lot, miss a lot	No way through, isn't true Reflection
	Year 2		Road Signs	Ways to say	Rainbows from rain	Imagine a bright future	Energy Detectives	
	Year 3		Snakes & Ladders	Get back up	I can help!	Dream Attitudes	Embracing Change	
	Year 4		Endurance Expedition	Habits – help or hinder?	Just keep swimming	Dreamers	Changing me!	
	Year 5		Egg in the flask	Success isn't always what you see	Hope Light	Period Relay	What am I?	
	Year 6		The bridge to yet	Self-Awareness	Hearts filled with hope	Where the magic happens	Under Construction – The teenage brain!	