Lesson 1

The HeartSmart High Five



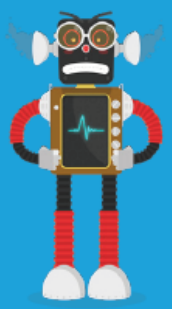
Don't Forget to Let Love in!

Learning how important, valued and loved we are.



Too Much Selfie isn't Healthy!

Exploring the importance of others and how to love them well.



Don't Rub it In, Rub it Out!

Understanding how to process negative emotion and choose forgiveness to restore relationships.



Fake is a Mistake!

Unpacking how to bravely communicate truth and be proud of who we are.

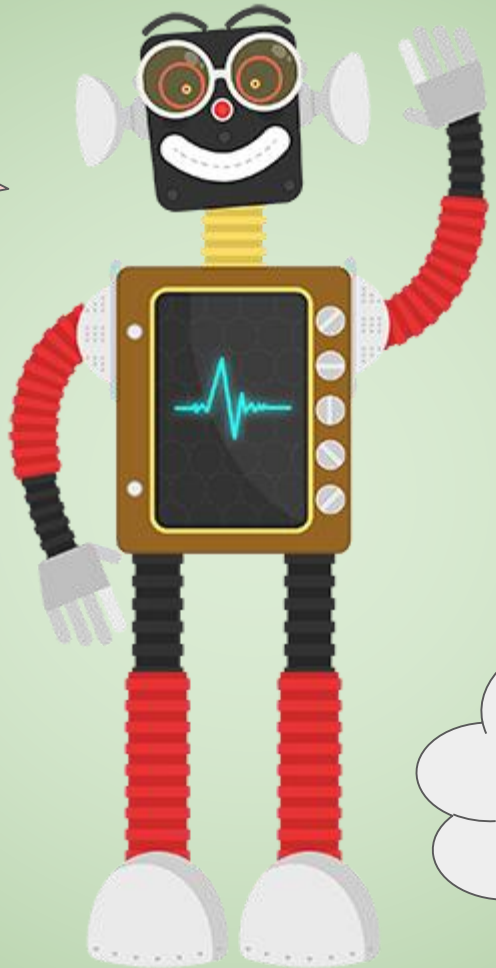


'No Way Through,' isn't True!

Knowing there is a way through every situation, no matter how impossible it may seem.

I can swim deeper than a whale.

I can charm snakes!



I can fly to the moon and back.

I can pick up a house.

Do you think Boris is telling the truth?

Of course he’s not! He is telling a lie.
But why would Boris tell a lie?

Being heart smart is knowing you are enough. Just as you are! We can all get better at making good decisions but we don’t need to pretend or lie to be something that we are not.

Fake is a mistake!

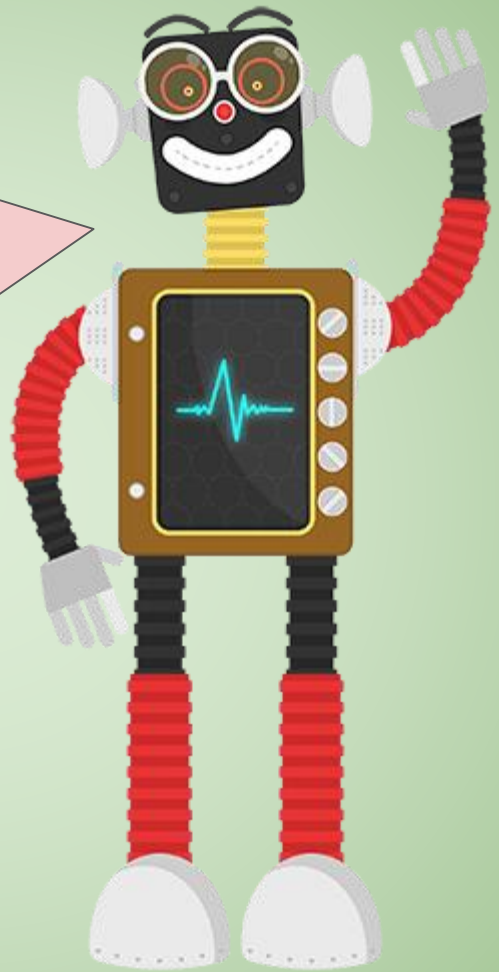
We’ve all told lies in our lives, but telling lies can hurt the people we lie to as well as hurt ourselves.

How do you feel when you have told a lie?

Telling the truth means that people can trust us!
It is an important part of being a good friend.

Sorry I told all those lies! I just wanted to impress you all.

I now know that sometimes the bravest thing you can do is to tell the truth no matter what!



We are all **unique** and **amazing**
in our own special way.

To build great friendships it is important to let others know who you really are, what you really think and what you really like.

Remember Fake is a Mistake!

Task

Draw a picture of yourself and around the outside add some amazing facts about what makes you great!