HeartSmart

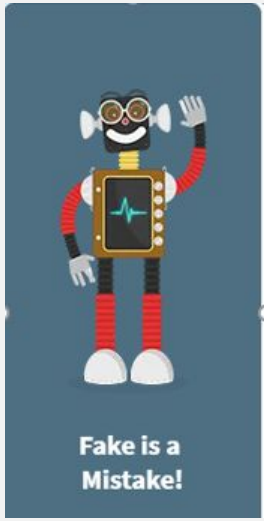
This week we will be thinking about how we can be more HeartSmart.

Boris is very excited and hopes that you enjoy all of the lessons.



HeartSmart
Lesson 1 – looking after your teeth





What do you know about teeth?



How do you look after your teeth at home?

Looking after your teeth is very important, you will only ever get two sets of teeth.

We need to keep them healthy so that they can last a lifetime.





If you do not look after your teeth properly, germs will build up in your mouth to make plaque.

If you don't get rid of the plaque by brushing you might get small holes in your teeth called cavities.



Watch the picture on the screen.

This shows what can happen to your teeth if you do not look after them properly.

This is called tooth decay.



This person has not looked after their teeth properly. They have lots of holes in their teeth called cavities.

The dentist can fix the holes in your teeth by giving you a filling. But if the holes are too big, the tooth may be lost forever!

How can we take care of our teeth?







Eat a healthy diet. Try not to eat too many sweets or sugary food!

Visit the dentist every six months.

Brush your teeth twice a day (in the morning and at night before bedtime for at least 2 minutes)

and...



……you will have a smile to be proud of!

Can you help Amber and Josh make good choices to keep their teeth clean and healthy?

Circle the answer you would give them.



What should Amber and Josh choose for breakfast?

a. Coco Pops
b. Weetabix
c. Honey Cheerios

What should Amber and Josh choose to drink?

a. Coke
b. Orange juice
c. Water

What time of day should Amber and Josh brush their teeth?

a. Morning
b. Night
c. Morning and night

How often should Amber and Josh go to the dentist?

a. At least once a month
b. At least once every two years
c. At least once a year

How long should Amber and Josh brush their teeth for?

a. 2 minutes
b. 5 minutes
c. 1 minute

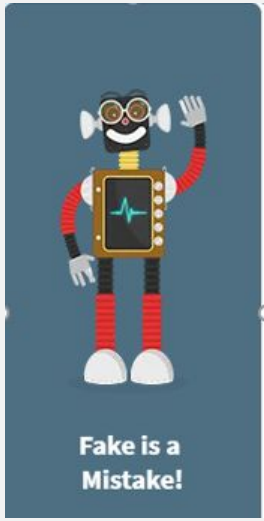


Amber and Josh are learning how to look after their teeth and need your help.

Can you tell them which option would be best for their teeth?

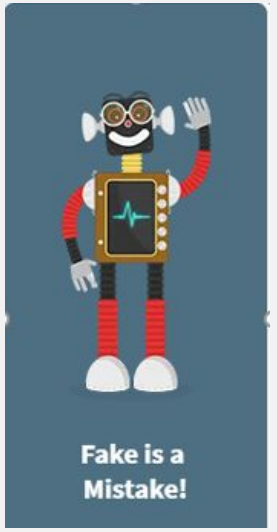
HeartSmart
Lesson 2 - looking after your teeth





Look at the following slides.

Do you think the teeth are real teeth or fake teeth?



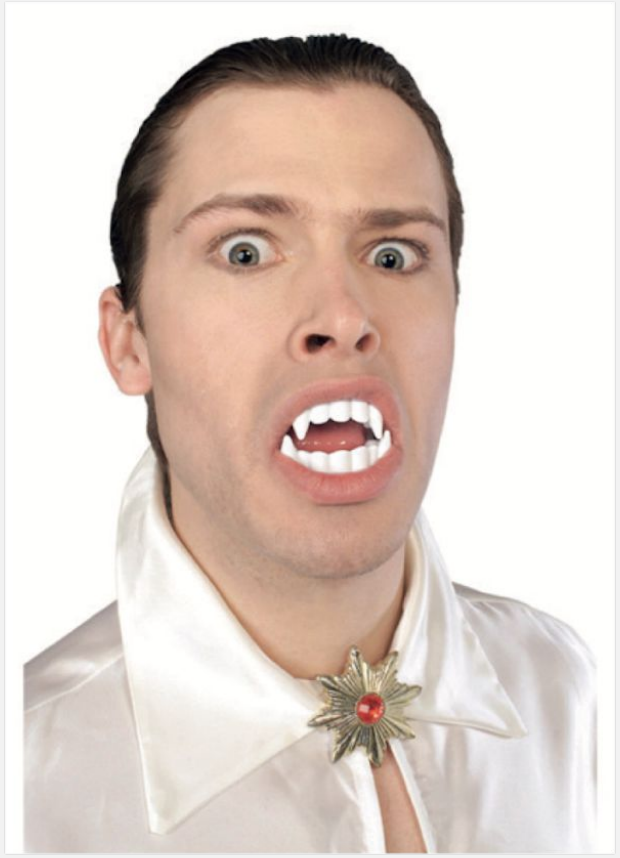
Are these teeth real or fake?



Are these teeth real or fake?



Are these teeth real or fake?



Are these teeth real or fake?



Are these teeth real or fake?



Are these teeth real or fake?



Are these teeth real or fake?



What is the purpose of having fake (false) teeth?

(to dress up; look cool; if their adult teeth have had to be removed.)

Look at your teeth in a mirror.

How many teeth can you count?



Most of your teeth are milk teeth.

Your milk teeth will fall out and adult teeth will grow in their place.

Have you already got any adult teeth?

Once adult teeth have grown they have to last for the rest of your lives.



That is why it is so important that we take good care of them.

Make a poster informing your friends how to look after their teeth.





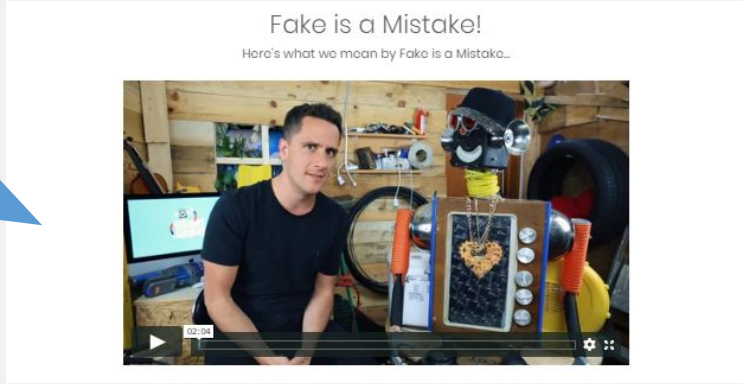
Lesson 3 – Fake is a Mistake!

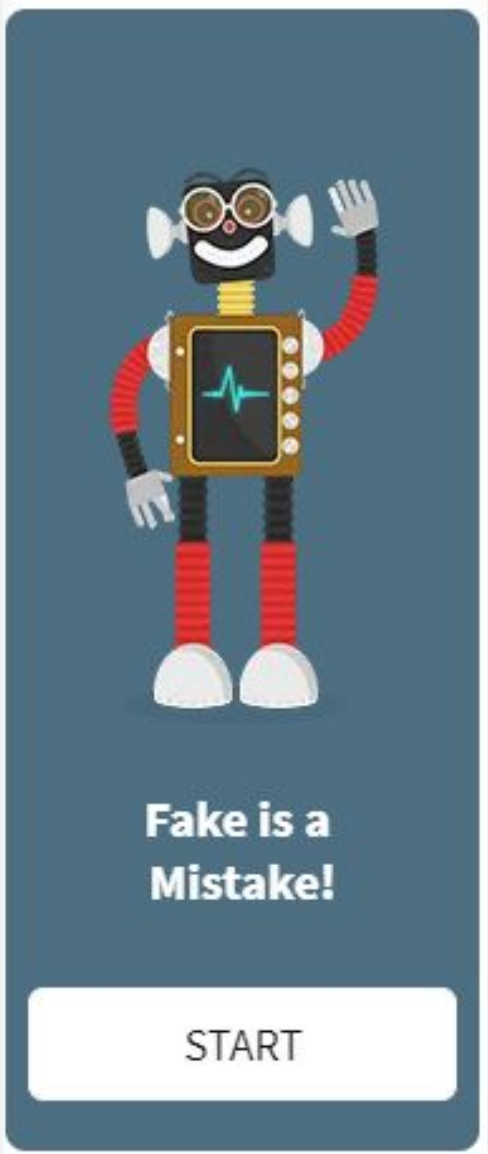
Follow the link below

https://www.heartsmart.family/

Scroll down to Fake is a Mistake and click ‘start’

Then watch the video clip



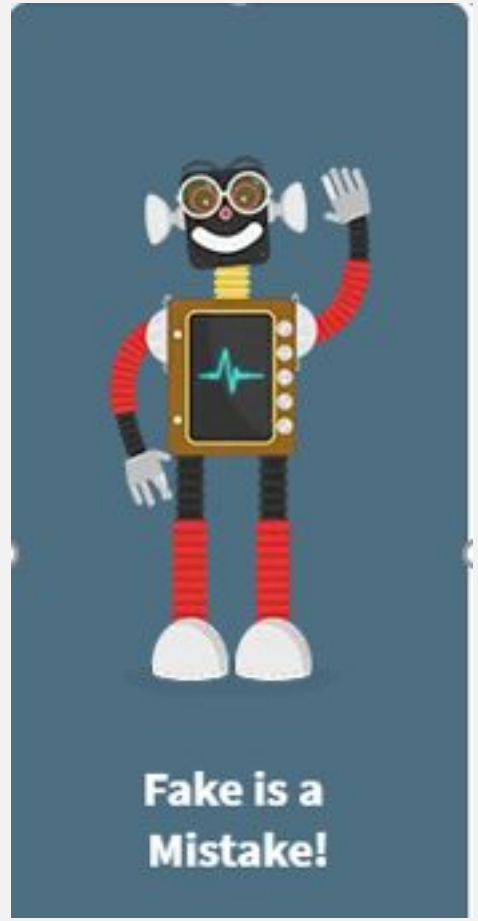


Fake is a Mistake!

How was Boris being fake? (by dressing in 'cool clothes)

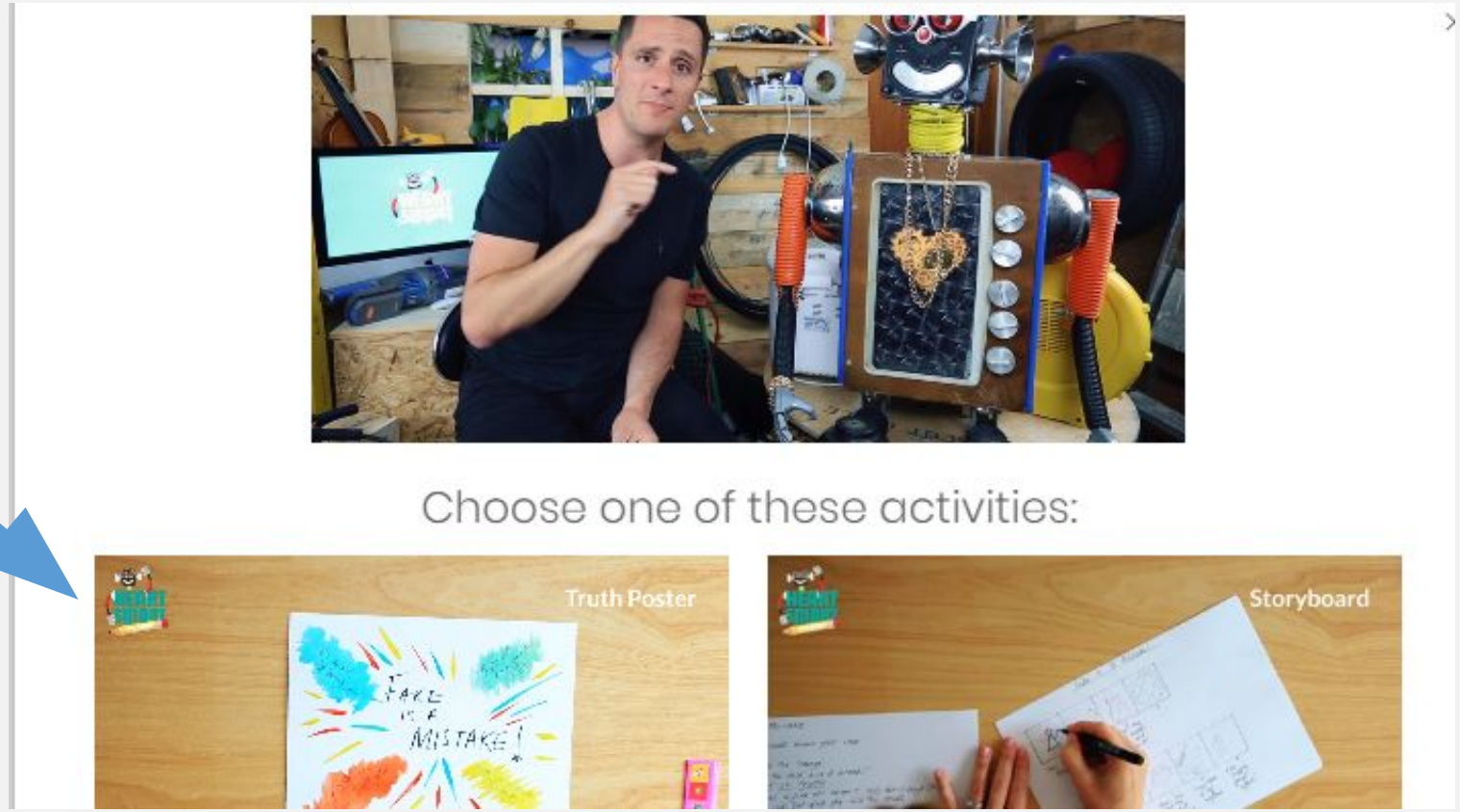
Does Boris need to pretend to be somebody that he isn't? (No - he is great as he is!)

We liked Boris before he changed his clothes so he didn't need to pretend to be something he isn't.



Watch the video 'Truth Poster'

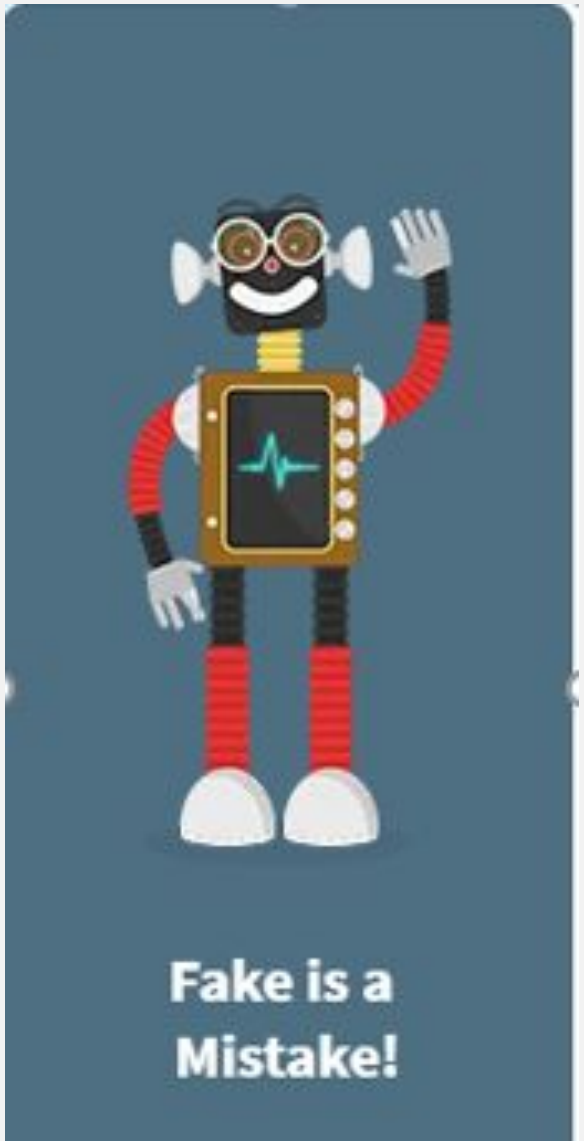
(https://www.heartsmart.family/ under the first video)



Create a poster informing people why it is important to be yourself and to tell the truth



Lesson 4 - Fake is a Mistake!



Just as Boris is great as he is, so are you! We are all unique and amazing in our own special way.

Draw a picture of yourself. Add some amazing facts about what makes you great around your picture.





Ask your family if they can add some fantastic facts about you too.

Lesson 5 - Being HeartSmart

Boris says that being HeartSmart means looking for ways that help our hearts and the hearts of those around us.



Whose heart would you like to fill with love today?

It could be someone from your family, a neighbour or a key worker



How will you fill their heart with love?

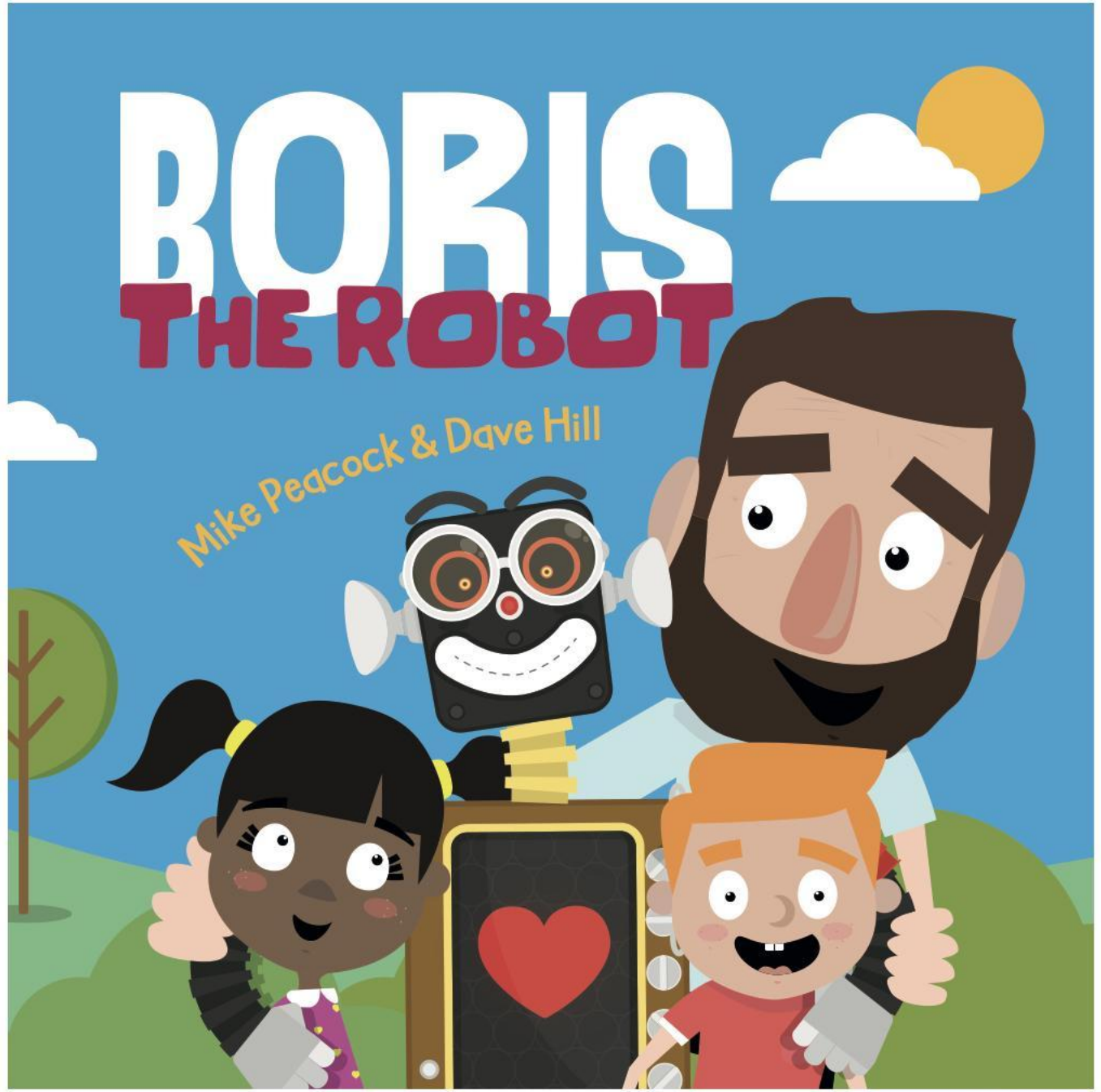
Write your ideas on a piece of paper. Throughout the week try and do all of your ideas.

Boris thinks you are becoming very HeartSmart!

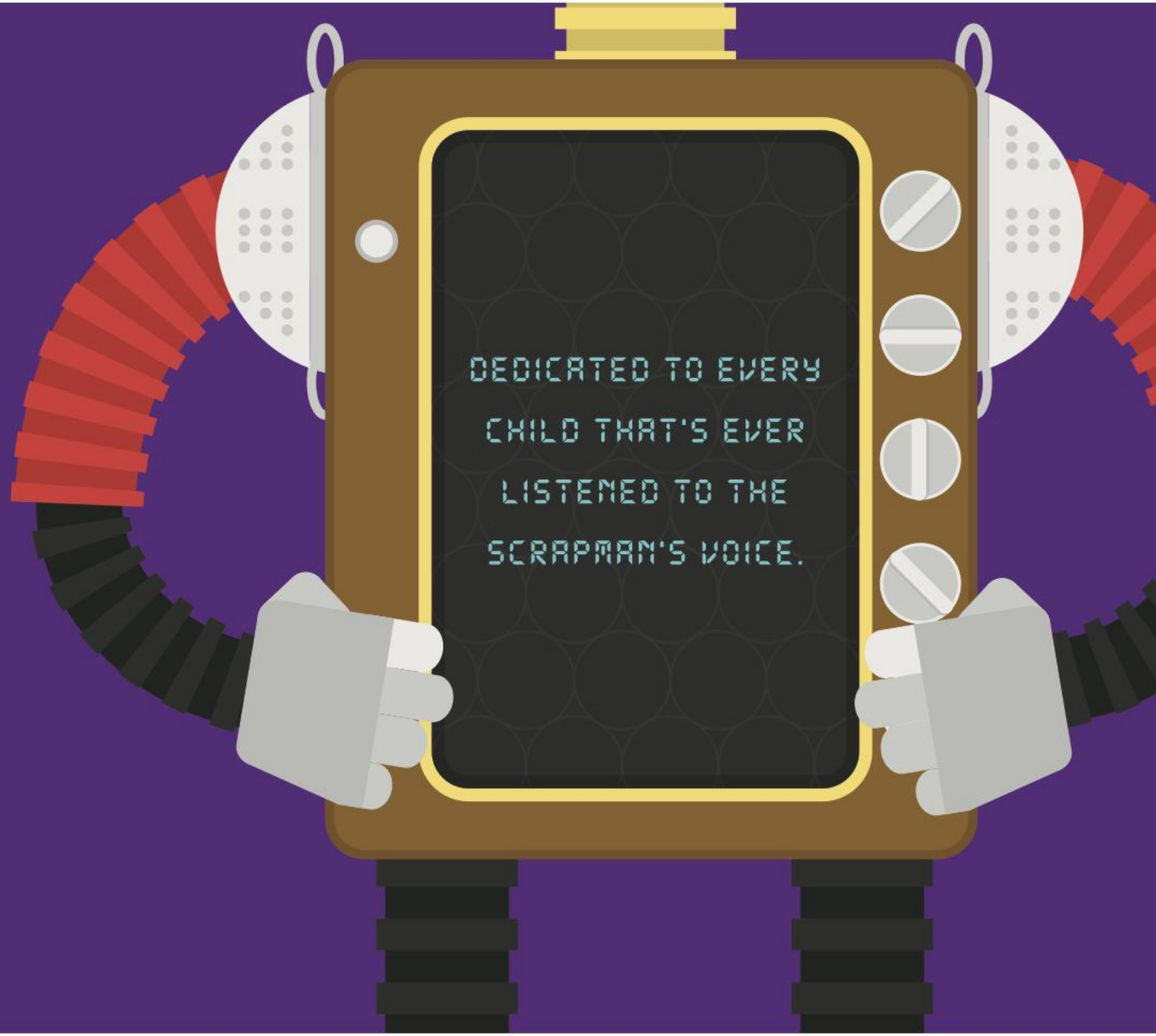


Well done for all of your hard work and HAPPY HOLIDAYS.

If you would like to share the story of 'Boris the Robot' with your family, you can find it on the next slides.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.



BORIS the Robot was created by Dave Hill.
Story by Dave Hill, Mike Peacock and Ems Hancock.
Written by Mike Peacock.
Art Direction by James Torry.
Illustrated by Doodledo Motion. Designed by Reeves Creative.
Produced by the Heartsmart Foundation. Distributed by Hilltop Media Limited.

Text and illustrations copyright © 2018 The Heartsmart Foundation

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise) without the prior written permission of the publisher.
For information regarding permission please write to info@heartsmartprimary.com

Printed in the United Kingdom.

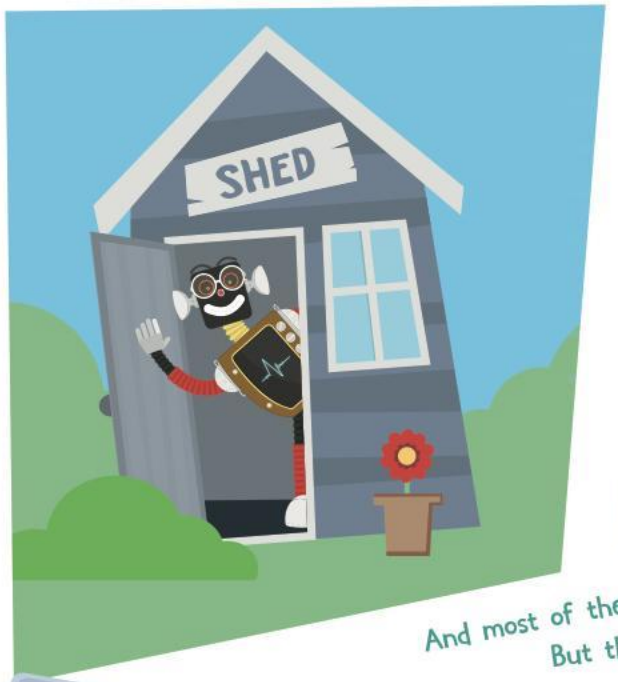
ISBN 978-1-9999208-0-7

www.BORIStheRobot.com

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

At the top of the town, in the house on the hill,
With the neat little garden and a pretty little gate,
Lives **BORIS** the Robot.

He spends his time in the garden shed,
Where it's lovely & cosy, there's even a bed.
Making gadgets and "tinkering away".





And most of the time **BORIS** is glad,
But this is a tale of a time he was sad...





© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.



For at the bottom of the town,
At the dark end of a street lies THE SCRAPYARD!

Full of rotten old rubbish and worn out junk,
And thrown away things that no-one wants.
Like washed-up washing machines and conked-out cars,
Rusty screws and empty jars.

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

It was here, that **BORIS** was born.

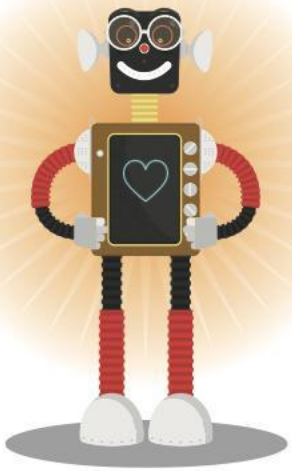


He was put together from **old gears** and **cogs**,
And other unwanted bits & bobs.



By two young children
called Amber and Josh
(And their Dad, who helped them quite a lot.)

And when he was done,
They named him **BORIS** and gave him a heart



But the **SCRAPMAN** *sniggered* and stood APART.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

Now day-by-day with the family away.
Dad at work, the children at school,
BORIS was by himself as a rule.



So he'd spend his time in
the garden shed,



Where it's lovely & cosy,
there's even a bed.



Making gadgets and "tinkering away,"
'Til the children came home,
when they'd rush out and play.



They'd go to the park,
they'd play on the swings

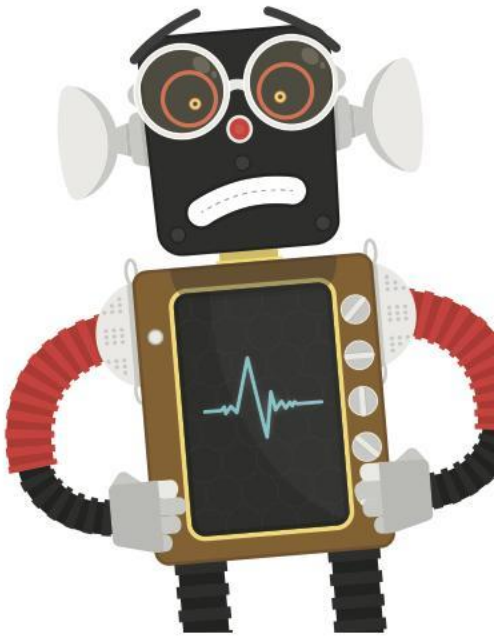


They'd tell jokes on benches
and eat picnic things.



For **BORIS**, it was the best time
that he'd **EVER** had.

So why did he sometimes still feel so sad?



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

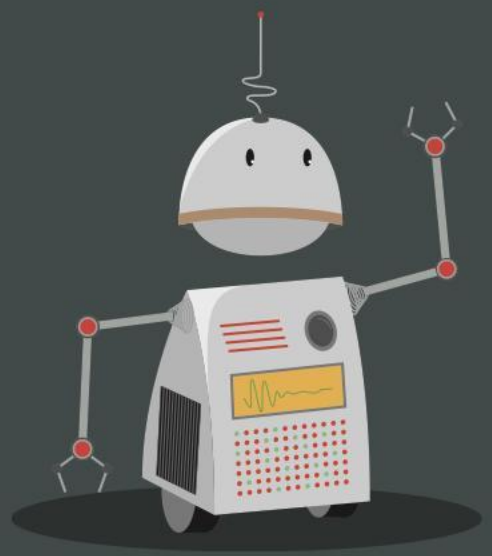


At night, he'd hear the **SCRAPMAN**'s song,
And wonder if, *perhaps*, the children were **WRONG.**

"Is it true?" thought **BORIS**, "Can they really love me?"

"I'm not **COOL**,
I don't do **SPORTS**.
I don't know any **JOKES**,
I'm just a muddle of sprockets and spokes."

"What if one day the children get bored?
Or a new robot comes with **Gizmos Galore**
And they don't want to play with me anymore?"



"They'll throw me away, I must find a way,
Prove what I'm worth and make sure I can stay."

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

Then came the day
For Amber to celebrate
her 8th birthday.

"Now's my chance," thought **BORIS**.

"I know what I'll do.
I'll make them a cake – THE BEST ONE EVER!
That will show them just how clever
And useful and helpful I can be.
They'll never, ever want to get rid of me."



He whizzed
And he whirred.
He mixed
And he stirred.





Determined to make the **BEST CAKE EVER**,

But it didn't *quite* go to plan, however...

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

Oops!
Eggs smashed on the floor.



Whoops!
Mixture went over the walls and the door
(And the ceiling)
(And **BORIS**)

Then, **Splash!**
The milk went spilling all over the ground.
BORIS slipped,



and... **crash!**
The bowl with the mixture went **tumbling down.**



Finally, into the oven, **BORIS** put the cake.
But when he looked at the kitchen,
Oh dear... What a state!

In a panic, he tried to tidy up.
Brushing... sweeping... washing up.
But he got so busy, he forgot to make
A note of how long it would take
For the cake to bake.



BORIS gave a shout,
Ran to the oven
and pulled the
poor cake out.

Quickly **BORIS** tried
to cool it down.
Grabbed a hose pipe
from the garden and
squirted it around.

Whoosh!
There was water,
water everywhere.
On the walls and
up the stairs.

Uh oh!

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

"Oh no!" thought BORIS,
"I've ruined the day.
I've ruined the house."

"Oh, what will they say?"

And at that moment
He heard the SCRAPMAN coming along,
Singing to himself his SCRAPMAN song,



"Oh dear, oh dear. What's going on HERE?
A nice lovely house and a nice special day,
All ruined and wrecked in complete disarray."

"My friends..." said BORIS.

"Will be furious," said the SCRAPMAN.
"When they see what you've done.
If I were you, I'd go on the run."

"JUNK is JUNK, it's plain to see,
SCRAP is SCRAP and always will be."

"Leave now, they won't want you here,
They'd much rather you and your mess disappear.
Better be quick, now hurry along.
Back to the Scrapyard, where you really belong."

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.



So, **BORIS** walked slowly back through the town.
With his shoulders hunched, his eyes looking down.

Past the park, where he'd played on the swings.
Past the bench, where they'd joked and shared picnic things.

BORIS plodded on..... And on.....

To the Scrapyard at the dark end of town.

With it's rotten old rubbish and worn out junk,
All the thrown away things that no-one wants.

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

Meanwhile, the children came home
And straight away saw that **BORIS** had GONE.

"Where is he?" they said.
"What's happened?" they cried.

And started to search for their friend
far and wide.



Up & down, all over the town



They searched all the places
where he might be FOUND.



They went to the park,
where they'd played on the swings.
They went to the bench,
where they'd shared picnic things.



Both of the children said with a tear,

"We don't care about mess,
we want BORIS back here."

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

BORIS arrived at the Scrapyard gates,
And looked inside at the shadows and shapes,
Of rusting old **wrecks** and **burnt-out hulks**,
Great mounds of refuse all piled up in BULK.

Machines for sorting with **teeth** and **claws**,
That scurried about with **clanks** and **roars**.

"Welcome," said the **SCRAPMAN**, singing his song.
"Welcome to the place where you truly belong."
BORIS stepped forward to go through the door,



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

BORIS looked at the **SCRAPMAN**...

Who was really quite **CROSS**

He looked back at Dad and Amber and Josh...

He thought,

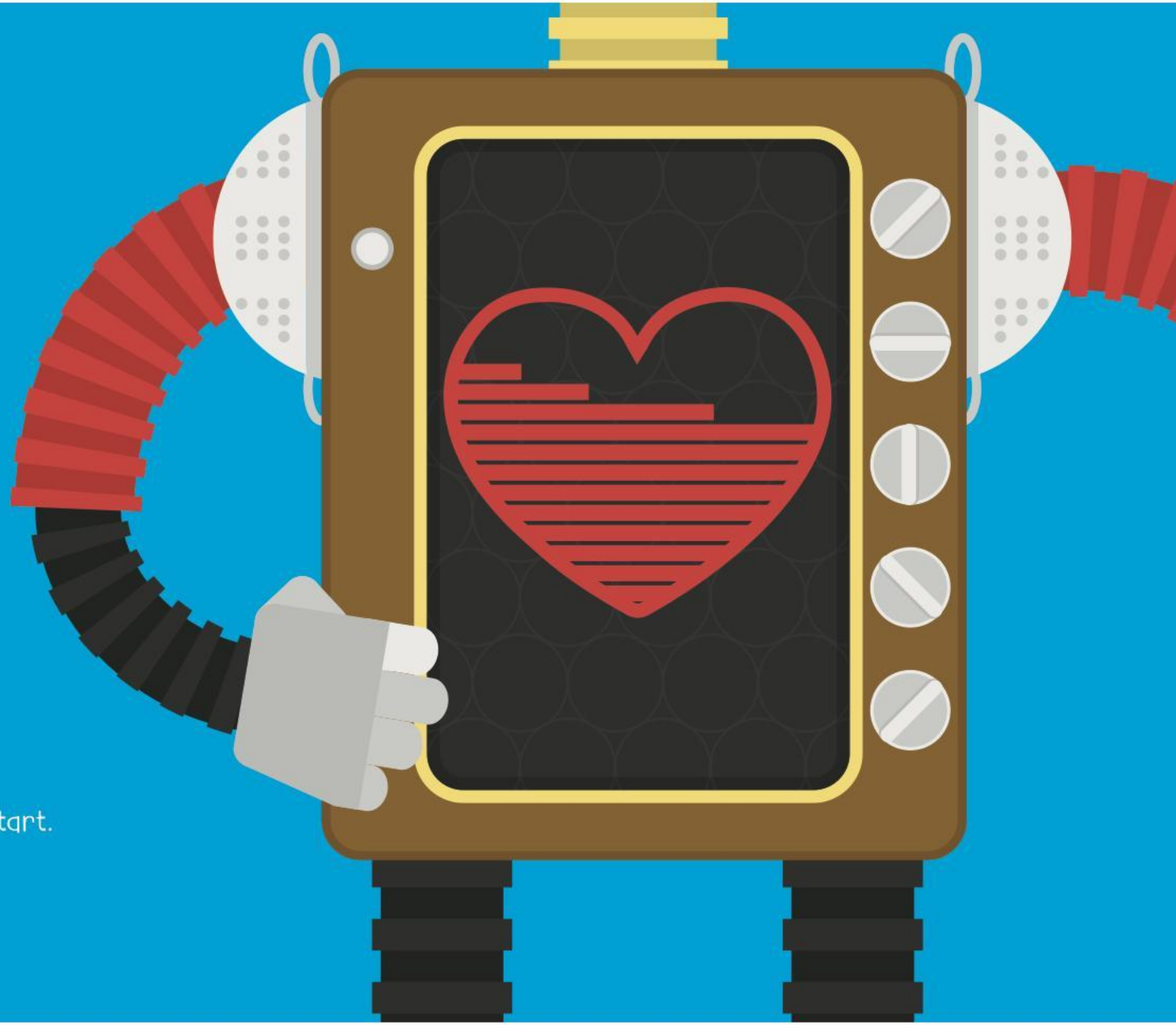
What should I do?

They're saying different things, but only one of them's

TRUE.

Then he looked at the children... their love filled his heart

And he **knew** he'd belonged with them right from the start.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

At the top of the town, in the house on the hill,
With the neat little garden and a pretty little gate,
(And the bright red door and the number eight,
And the flowers in the box on the window sill)
Lives **BORIS** the Robot.



And he spends his time in the garden shed,
Where it's lovely & cosy, there's even a bed.
Making gadgets and "**tinkering away**."

Now **BORIS**... He doesn't always get things right
And sometimes he hears the **SCRAPMAN**'s song in the night.

But now he **knows** that he's **loved.**
So he closes the curtains and closes the door,
And decides not to listen to that voice any more.



© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.

BORIS was built from old gears and cogs
And other unwanted bits & bobs
BORIS loves living in his home with Amber and Josh
But sometimes he still hears the **SCRAPMAN**'s song calling to him:

"JuNk is JuNk, it's plain to see,
SCrAp is SCrAp and always will be.
What's RubbISH is wORthLESS, you cannot pretend.
It's a life on the SCrApHEap for you, my old friend!"

Which voice will **BORIS** listen to?
How will he decide where he *really* belongs?

ISBN 9781999920807

www.BORIStheRobot.com

© 2018 The Heartsmart Foundation. All Rights Reserved

© HEARTSMART, Hilltop Media Ltd, 2018. Please do not use without a valid licence.