

MEET BORIS

Lesson 1: My HeartSmart Toolbelt

WE ARE LEARNING: Different ways to be HeartSmart.

BORIS ASKS: Can they suggest ways they are HeartSmart?

RESOURCES: Tool box with a selection of tools; slides of Boris' tools; worksheet printed onto thin card; card strips to go around children's waists.

Show the children a toolbox. Ask them what they think is inside. Show them the tools one by one and ask the children what the tools are called and what they are used for. Explain that in Boris' shed is a very special set of tools he uses to remind him to be HeartSmart. Show them the slides with Boris' special tools on...

- Hammer - I am special
- Screw driver - I love others
- Spanner - I am a good friend
- Pliers - I tell the truth
- Saw - I can do it

Tell the children they are going to make tools like Boris' to remind them to be HeartSmart as well.

Ask the children to cut out and decorate the tools on the card. Measure the children's waists with the strips of card and cut accordingly. Attach the tools to the tool belts using staplers and then carefully fit on the children. You could hold the belts in place using staples or by attaching string to tie. As the children decorate the tools ask them to think of examples for each one e.g. I am special because...

Boris says, 'We are all learning to be HeartSmart!'



HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

ELG: PSED – SELF CONFIDENCE AND SELF-AWARENESS:

22-36 months: Expresses own preferences and interests

30-50 months: Confident to talk to other children when playing, and will communicate freely about own home and community

40-60 months: Confident to speak to others about own needs, wants, interests and abilities

ELG: They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities

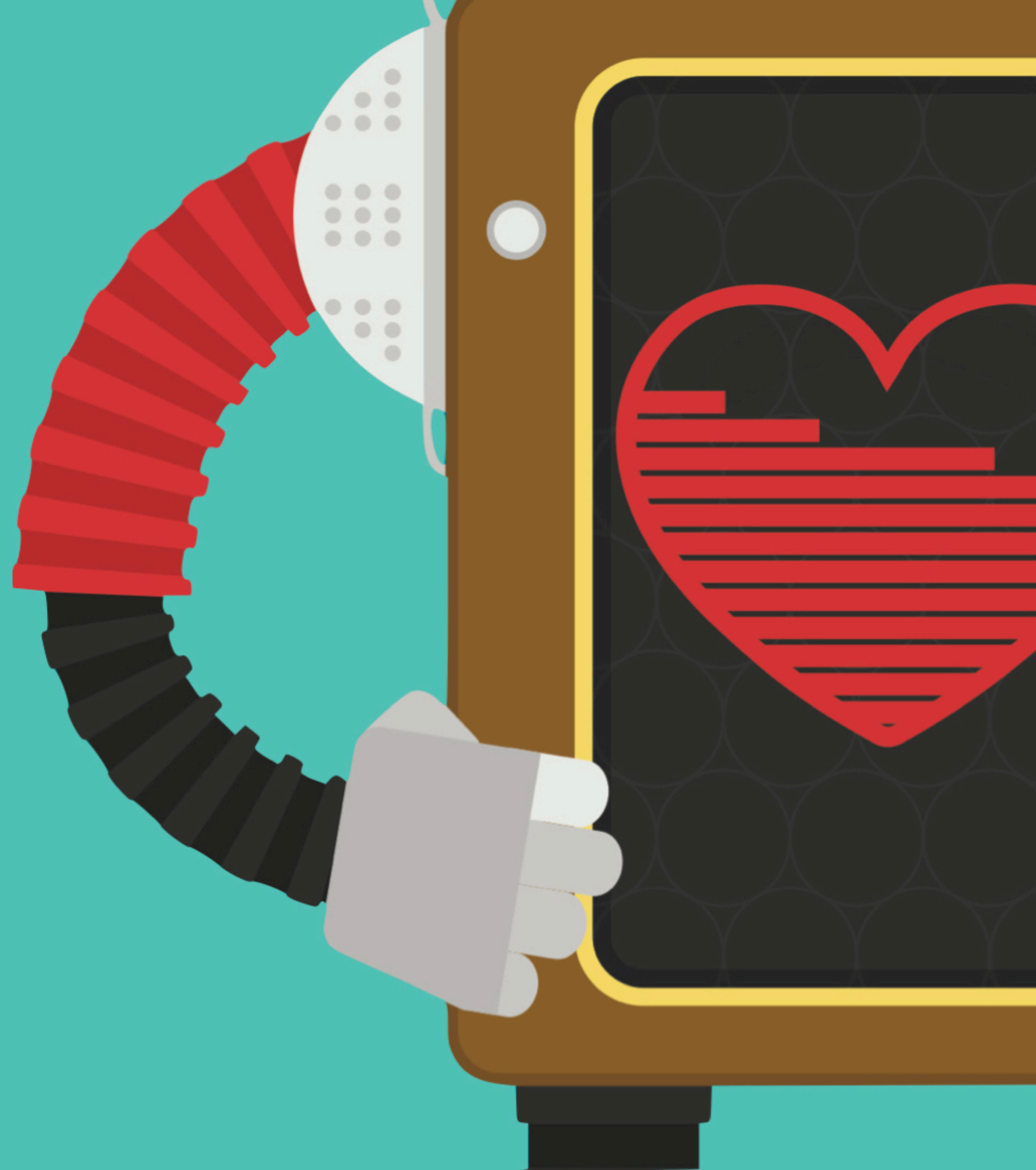
BIBLE REFERENCE

Be careful how you think; your life is shaped by your thoughts. Proverbs 4:23 (ICB).

SIAMS

Strand 3: Character Development: Hope Aspiration and Courageous Advocacy

Click here to watch Get HEARTSMART Film 1



Get HEARTSMART





