YEAR 2 • PSHE • UNIT 2

Don’t Forget to Let Love In!

How can we notice what is good about us and care for ourselves?

What we need to know

We all have strengths

Everyone is unique. You might be good at building, listening or helping someone feel welcome.

Check what you hear about yourself

An unkind comment or thought can feel true. Ask what you know about yourself that is fair and true.

Use words that describe you

In a name acrostic, each line starts with a letter from your name. Choose words that tell others about you.

Notice what you are thankful for

Thinking about someone or something you are thankful for can change how you feel about your day.

Notice your heartbeat

Your heart usually beats faster when you are active than when you are resting. Moving helps look after your body.

Key words

unique The only one exactly like you.

strength Something you do well.

acrostic A poem where the first letters spell a word.

gratitude Feeling thankful.

heartbeat The beating of your heart.

Can you remember?

1. Name one of your strengths.
2. What is a name acrostic?
3. What are you thankful for today?
4. What happens to your heartbeat when you run?

Based on the HeartSmart Year 2 resource list and Year 2 curriculum overview.