YEAR 2 • PSHE • UNIT 1

Get HeartSmart

How can our choices show that we care?

What we need to know

Use your power to help

Your words and actions can help or hurt. You can use your power to invite someone to join in.

Think about what you want to be known for

Choosing to be fair and kind helps others see you as someone they can trust.

Let care show in what you do

When we notice how someone feels, we can choose words and actions that show we care.

Notice who cares for you

A love map can show who cares for you and what they do, such as listening or helping.

Choose a variety of foods

When we make a Boris face plate, we can use different foods, such as carrots, cucumber and peppers.

Key words

power Being able to make a difference.

choice Something you decide to do.

reputation What people know you for.

care Looking after someone or showing they matter.

variety A mix of different things.

Can you remember?

1. How can you use your power to help?
2. What would you like to be known for?
3. How does someone show they care?
4. What could go on a Boris face plate?

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