

Assembly 1 - Get HEARTSMART

Content Overview: We want the children to know that we all have a body, a mind and a heart. The heart is the epicentre of who we are, the driving force of why we do what we do. We want the children to understand that there are times to listen to our heart and times to lead our heart. Loving ourselves and others well is the key to knowing what to do and when. If we want to live well we need to love well. This is what it means to be HEARTSMART.

SLIDE 1) Say “HEARTSMART is about being smart with our heart. The life of our heart affects the whole of our life. So this year we’re going to look at how we can get the best out of our life by thinking about our heart. We’re going to have fun too. Thankfully we’ve got Boris the Robot to help us on our journey. You’ll see him on the films soon, he’s also learning about what it means to be HEARTSMART.”



SLIDE 2) Say “There’s a HEARTSMART high five that help us know how to make good decisions. If you imagine a cake with five slices, each one of the high five is a slice, but the cake is HEARTSMART. We’re starting our HEARTSMART journey by thinking about the cake, which is of course, the heart. This term we’re exploring the heart.”



SLIDE 3) Say “Hands up if you’ve got a hand. Put a foot up if you’ve got a foot. Nod if you’ve got a head. Wink or blink if you’ve got eyes. Stick out your tongue if you’ve got a tongue. Can you roll it? Did you know that only half the world’s population can roll their tongue?”



•Explain that we all have a body that helps us move and do incredible things.

SLIDE 4) Ask “What is 1 + 1? what is 6 + 7? What is the capital city of France? What is my name?”

•Explain that we all have a brain that helps us to learn and remember incredible things.



SLIDE 5) Ask “Who’s got a pulse?” Hopefully everyone! Say “where do we find our pulse?”

•Explain that this is a sign that we’ve got a heart.



SLIDE 6) Explain that when we talk about HEARTSMART we’re talking about the middle of a person, the centre of our thoughts and emotions. To explain this you could ask the children to, “smile if you’ve ever felt happy, frown if you’ve ever felt grumpy, yawn if you’ve ever felt bored.” Explain that we all have feelings. You could say; “we also all have desires or wants, for example, hands up if you’ve ever really wanted to do something.” Explain that we all have a heart that directs our life. Sometimes it directs us well and sometimes it directs us badly. HEARTSMART is about teaching us to know when to let our heart direct us and when to direct our heart.



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SLIDE 7) Say *“Have you ever heard ‘just do what your heart tells you’? This is not HEARTSMART. Our hearts can sometimes lead us well but sometimes they lead us badly. Let me tell you a story to explain what I mean.”*

Story: There was a boy who was part of a football team and one day he hurt a few of his teammates. One training practise the coach thought of an exercise to help them remember that there're all his teammates. He got an old team photo and cut it up. He asked the boy to put the picture together and went off to make a cup of tea. When he came back, to his surprise the boy had already done it. “How did you do it so quickly,” he asked the boy. The boy replied, “Before you cut up the picture, I saw that someone had drawn a heart on the other side of the photo and I thought, if I could put the heart back together I could put the team back together. The heart of the matter is the matter of the heart. We all need help with our heart.

Say *“So how can we know when to listen to our heart and when to lead our heart? How can we know how to be HEARTSMART?”*

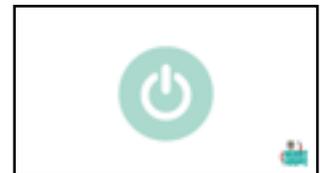


SLIDE 8) Say *“In every situation if you choose to power on to love you'll have a good response. Here's what the Power ON button means:*

I - love yourself. The inside of you. Consider your feelings

O - love others. The outside of you. Consider others.

Choosing to turn your power on is what HEARTSMART is all about. It means choosing to love yourself and others in every situation. This helps you to respond well.”



SLIDE 9) Say *“Every time we use the power button we are showing love to ourselves and to others. It's like we're giving our heart a workout and making it strong.”* Ask for a few child volunteers and ask their response to the following scenarios:

○ Someone congratulates you on your football playing. Do you say:

- *“Yeah I'm a pretty big deal around here.”*
- *“I think I'm rubbish.”*
- *“Thank you.”* And allow yourself to be encouraged.

○ You hear this assembly about HEARTSMART and you're so excited about it that you decide to do a HEARTSMART poster about loving you and others. But someone laughs at it. Do you:

- Start a nasty rumour about them?
- Choose to let it go and keep choosing to be HEARTSMART?
- Keep scowling at them whilst you finish your poster?



SLIDE 10+11) Tell the story of the parable of the sower from Matthew 13 in the Bible. Explain afterwards that the soil is our hearts. HEARTSMART is about working on the soil of our heart. It's about working on the inside so that the outside is good. It's about becoming a powerful person.

Say *“As we look at HEARTSMART we'll be hearing about 5 main ways of keeping and making our hearts like good soil.”*



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SLIDE 12) Finish with a 2 minute reflection or prayer.

You could use the following questions as content;

- *“What’s one thing that we’ve heard today that we’re going to remember?”*
- *“Is there anything that we can think of that gets in the way of us being HEARTSMART?”*
- *“What can we do now, to love ourselves and others more?”*

SLIDE 13) Holding slide.

