



THE HEARTSMART
HIGH FIVE



Don't Forget to Let Love in!



Too Much Selfie
isn't Healthy!



Don't Rub it in Rub it Out!



Fake is a
Mistake!



'No Way Through' isn't True!

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HeartSmart for Parents

Over the coming weeks you may be hearing a lot about HeartSmart....but what is it?

HeartSmart is a powerful toolkit that helps children learn how to be smart with their heart so that they can grow into thriving adults.

The life of our hearts affects the whole of our life. What's in our heart will always be played out. Our lives will be greater or worse, more courageous or more fearful by what's in our heart. Therefore, learning about how to lead our heart, when to lead from our heart, how to process pain, how to hope and how to love others is essential in learning about how to live.

Through the HeartSmart High Five and the lovable robot character Boris, your children will be learning what it means to be a powerful person, how to make good choices and how to love themselves and those around them well.