

# Heart Smart

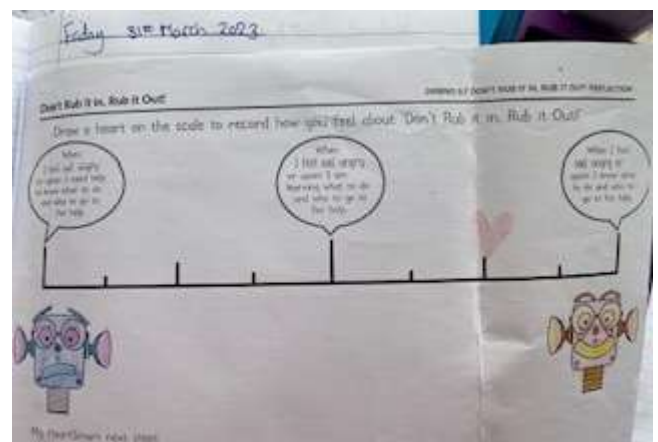
## Don't Rub it in Rub it out!

As part of our PHSE curriculum this last half term we have been looking at, 'Don't Rub it in Rub it out'. This focuses on how holding on to hurt or anger when someone wrongs us, can really make our hearts sad. Whilst working through this theme, the children realised how being able to forgive others helps our hearts to feel better.

This also links to our school vision and values, as by being able to show forgiveness to others we show real courage and respect to ourselves and compassion for those who have hurt us.



In Reception the children learned that being a good friend gives you a superpower and you become a 'Superhero'.



*Being HeartSmart means learning how to let the bad feelings out of our hearts so we can feel happy*