

Lesson 1: Don't Rub it in Rub it Out!

WE ARE LEARNING: About the importance of forgiveness.

BORIS ASKS: Can the children suggest ways Boris can help his heart?

RESOURCES: Don't Rub it in, Rub it Out! Film 1 ; mini whiteboards

Watch Don't Rub it in, Rub it Out! Film 1.

Ask the children:

- What was happening to Boris' heart when he was thinking about blowing the Scrapyard up? (It turned black)
- Why was Boris' heart turning black? (He was choosing to hold onto the bad feelings - the hurt and anger)
- What happened to Boris' heart when he started to forgive the Scrapman? (It started to clear)

On mini whiteboards, ask the children to draw Boris' heart and colour over it to represent Boris feeling hurt and angry. Ask the children what needs to happen for Boris' heart to become clear again (you could use the children's ideas as a baseline assessment for this unit). After you have heard some suggestions, ask the children to rub their boards clean and draw a clear heart.

Explain that being HeartSmart means learning how to let the bad feelings out of our hearts so we can feel happy again.



R&HE

CF4. that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

RR2. practical steps they can take in a range of different contexts to improve or support respectful relationships.

PSHE

H2. to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences

HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

BIBLE REFERENCE

Love does not count up wrongs that have been done.

1 Corinthians 13:4-5

SMSC

The spiritual development of pupils is shown by their:

- ability to be reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for different people's faiths, feelings and values
- willingness to reflect on their experiences

SIAMS

Strand 2: Wisdom, Knowledge and Skills

Strand 4: Community and Living Well Together