



Think PinK Knowledge Organiser



The 'PinK' curriculum stands for 'People in the Know'. It encompasses physical health, mental health, wellbeing, online safety, relationships, mindfulness, SMSC (spiritual, moral, social and cultural) thinking, British values, citizenship, equality and life skills as some of its primary areas. PinK is everywhere and touches on many aspects of the curriculum... just take a look...

Families look different from our own family, but we should respect those differences and know that other children's families are also characterised by love and care.



Stable, caring relationships, are at the heart of happy families, and are so important for children's security as they grow up.



Speak out and stay safe - remember the 'pante rule'.



Friendships are about respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and supporting each other with problems and difficulties.



Friendships are very important in making us feel happy and secure.



Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.



Most friendships have ups and downs, but these can be worked through (forgiveness) so that the friendship is repaired or even strengthened.



It is important to respect others, even when they are very different from you. They may look different, like different things and have different beliefs.



Courtesy and manners are important to everyone. Please and thank you, show kindness, take turns, say polite things. Be respectful at school, at home and in the community.



Keep safe online. Before you stop and click, tell someone - it could be harmful content and contact.



Social media sites, computer games and online gaming are age restricted because content is not suitable for children.



Never agree to meet up with someone you have only met online before your parents agree that you can. It is not safe.



Bullying is unacceptable and wrong. If someone is being bullied, you should tell an adult and they can help. There are different types of bullying (including cyberbullying), bullying is not something that happens once but when someone is unkind repeatedly.



We celebrate 'diversity' and there are no outsiders in our school.



If there is an emergency the number to call is 999. Find an adult to help.



Self respect is important because this links to your own happiness. In school and in our wider society we can expect to be treated with respect by others. In turn, we should show due respect to others.



Mental wellbeing is a normal part of daily life, in the same way as physical health. There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. It is important that we recognise and talk about our emotions.



People sometimes behave differently online, including by pretending to be someone they are not. You should show the same respect online as you do in face to face relationships.



Build regular exercise into daily and weekly routines - like the daily mile, swimming or sports clubs. To stay healthy, do your Active60.



If you feel ill or you or something changes in your body or your head, tell a grown-up.



It is important to look after yourself as well as others. You must have relaxation time, time spent with friends and family and enjoy hobbies and your interests. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.



Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Always speak to an adult if you are unhappy. Which adult could you speak to? If you are someone's friend and you know something is wrong, please tell an adult.



Always wear sun cream if you are in the sun.



Sleeping is SO important. Your body repairs itself during sleep and if you don't sleep enough you can feel unwell. Not sleeping enough will affect your learning.



Eat healthily! High 5 a day, less fat and sugar.



Top tips for better sleeping...



Brush your teeth in the morning and before you go to sleep. Wash your hands (backs of hands, palms, nails and wrist) before you eat, if you sneeze and after you go to the loo.



Our bodies are changing all the time as we grow up. Make sure you respect your body by exercising and eating healthily.



Smoking is bad for health. Children must only take medicine given to them by a parent, carers, nurses or doctors.

