

Ready for PSHE 2020

Mapping the activities and resources of the Kindness School Foundation to the new statutory guidance on Health Education and Relationships Education for primary schools

Updated December 2019

How the Kindness School Foundation covers the new statutory guidance for Health Education and Relationships Education

It is mandatory for all primary schools in England to deliver Health Education and Relationships Education by 2020. [Visit the draft statutory guidance](#) for more information on what schools will be required to cover. This document outlines how the activities and resources of the Kindness School Foundation cover the statutory guidance.

With the publication of the draft statutory guidance, the Kindness School Foundation is busy updating its activities and resources to cover all aspects of Health Education and Relationship Education. We are confident that our activities and resources for key stages 1 and 2 meet the new requirements set out in the draft statutory guidance.

This document breaks down the statutory guidance topic by topic and matches it with our activities and resources. On the following pages, the blue boxes are taken directly from the DfE statutory guidance on Relationships Education and Health Education. The orange boxes link our activities and resources that implicitly or explicitly address the content in the statutory guidance. Most activities and resources can be mapped to several topics in the statutory guidance, so we have included the most appropriate examples.

Relationship Education

Topic 1: Families and people who care for me

- that families are important for children growing up because they can give love, security and stability,
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives,
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care,
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up,
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong, and
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Families & People Who Care For Me 1 (Key Stage 1)

Through these activities, children will learn that families are important for children growing up because they can give love, security and stability.

Families & People Who Care For Me 1 (Key Stage 2)

Through these activities, children will learn that families are important for children growing up because they can give love, security and stability.

Families & People Who Care For Me 2 (Key Stage 1)

Through these activities, children will learn that families are important for children growing up because they can give love, security and stability.

Families & People Who Care For Me 2 (Key Stage 2)

Through these activities, children will learn that families are important for children growing up because they can give love, security and stability.

Topic 2: Caring Friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends,
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties,
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded,
- 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, and
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Getting to Know You (Key Stage 1)

This activity also helps children understand the importance of positive relationships. It encourages them to widen their friendship group by helping them to connect with those they may not have been drawn to by revealing similarities.

Getting To Know You (Key Stage 2)

This activity aims to reinforce the value of friendship and the characteristics of a good friend as well as nurturing new and existing relationships.

How Would It Feel (Key Stage 1 & 2)

This activity allows teachers to subtly address undesirable or inappropriate behaviour that's occurring in the classroom or playground. It helps students to put themselves in someone else's shoes to understand what it feels like to be a victim of unkind words and actions.

Spotlight (Key Stage 1 & 2)

This activity aims to get children thinking about the positive attributes of other people and the traits that make them a good friend.

Build 'Em Up Hotseat (Key Stage 2)

The activity can be exceptionally beneficial for children who have trouble connecting with others or suffer from low self-esteem.

Topic 3: Respectful Relationships

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs,
- practical steps they can take in a range of different contexts to improve or support respectful relationships,
- the conventions of courtesy and manners,
- the importance of self-respect and how this links to their own happiness,
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority,
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help,
- what a stereotype is, and how stereotypes can be unfair, negative or destructive, and
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Getting to Know You (Key Stage 1)

This activity also helps children understand the importance of positive relationships. It encourages them to widen their friendship group by helping them to connect with those they may not have been drawn to by revealing similarities.

Getting To Know You (Key Stage 2)

This activity aims to reinforce the value of friendship and the characteristics of a good friend as well as nurturing new and existing relationships.

The Secret Agent Of Kindness (Key Stage 2)

This is a fun activity that helps students understand how kindness can improve others' quality of life.

Spreading Kindness To Others (Key Stage 1)

This activity helps children to identify opportunities to be kind and how kindness can help to solve problems.

Kindness In The Wider World (Key Stage 1 & 2)

This activity helps children apply their understanding of kindness to different situations, encouraging them to think about how they can be kind to others. It also introduces the topic of empathy for age 8-11.

Introducing The Kindness Book (Key Stage 1 & 2)

This activity serves as an introduction to the Kindness Book, how it works and how you will use it. The activity also helps children to understand the concept of kindness and what it means to be kind and how we can spot kindness.

Note: After signing up as a Kindness School, your school will receive 1 Kindness Book for each classroom at your school.

Topic 4: Online Relationships

- that people sometimes behave differently online, including by pretending to be someone they are not,
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous,
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them,
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met,
- how information and data is shared and used online.

Online Relationships and Internet Safety & Harms 1 (Key Stage 1)

These activities will help children learn that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. They will learn that people sometimes behave differently online, including by pretending to be someone they are not.

The Web & Mr. X (Key Stage 2)

Children learn about the basics of the internet and that it connects people through a web. They learn about the benefits and drawbacks of the internet, and how to react when they encounter strangers on it

Online Relationships and Internet Safety & Harms 2 (Key Stage 1)

These activities will help children learn that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. They will learn that people sometimes behave differently online, including by pretending to be someone they are not.

Kindness & Respect Online (Key Stage 2)

Children learn that we should treat people with kindness and respect online. They learn to differentiate between respectful and disrespectful behaviour online, and how to keep themselves safe.

Topic 5: Being Safe

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context),
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe,
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact,
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know,
- how to recognise and report feelings of being unsafe or feeling bad about any adult,
- how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- how to report concerns or abuse, and the vocabulary and confidence needed to do so, and
- where to get advice from e.g. family, school and/or other sources.

IN PRODUCTION

These resources are currently in production and will be ready by February 2020.

Physical Health & Mental Wellbeing

Topic 1: Physical Health & Mental Wellbeing

- that mental wellbeing is a normal part of daily life, in the same way as physical health,
- that 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,
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings,
- how to judge whether what they are feeling and how they are,
- the benefits of physical exercise, time outdoors,
- community participation, voluntary and service-based activity on mental wellbeing and happiness,
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and 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,
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing,
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online), and
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

The Secret Agent Of Kindness (Key Stage 2)

This is a fun activity that helps students understand how kindness can improve others' quality of life.

Spreading Kindness To Others (Key Stage 1)

This activity helps children to identify opportunities to be kind and how kindness can help to solve problems.

Kindness In The Wider World (Key Stage 1 & 2)

This activity helps children apply their understanding of kindness to different situations, encouraging them to think about how they can be kind to others. It also introduces the topic of empathy for age 8-11.

Controlling Emotions (Key Stage 1)

This activity uses an emotional thermometer to help children decode their emotions and learn how to respond to them.

Controlling Emotions (Key Stage 2)

Children will also learn to respect other people's feelings and to give them space or support when they need it.

Feelings & Actions (Key Stage 2)

This activity helps to create an understanding of the connection between feelings and actions, and the consequences of not controlling behaviour.

The Mind Jar (Key Stage 1)

This is a calming tool to keep in your classroom for children who are feeling stressed or overwhelmed. It's a useful visual aid that allows them to calm their senses by focusing their attention on something else when their world feels like it's spinning out of control.

The Mind Jar (Key Stage 2)

A great way for older primary students to learn a technique for self-regulating their emotions. It allows them to 'pause' to help reduce stress and avoid impulsive reactions.

Topic 2: Internet Safety & Harms

- that for most people the internet is an integral part of life and has many benefits,
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing,
- how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private,
- why social media, some computer games and online gaming, for example, are age restricted,
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health,
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted, and
- where and how to report concerns and get support with issues online.

Online Relationships and Internet Safety & Harms 1 (Key Stage 1)

These activities will help children learn that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. They will learn that people sometimes behave differently online, including by pretending to be someone they are not.

Online Relationships and Internet Safety & Harms 1 (Key Stage 2)

These activities will help children learn that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. They will learn that people sometimes behave differently online, including by pretending to be someone they are not.

Online Relationships and Internet Safety & Harms 2 (Key Stage 1)

These activities will help children learn that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. They will learn that people sometimes behave differently online, including by pretending to be someone they are not.

Online Relationships and Internet Safety & Harms 2 (Key Stage 2)

These activities will help children learn that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. They will learn that people sometimes behave differently online, including by pretending to be someone they are not.

Topic 3: Physical Health & Fitness

- the characteristics and mental and physical benefits of an active lifestyle,
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise,
- the risks associated with an inactive lifestyle (including obesity), and
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Topic 4: Healthy Eating

- what constitutes a healthy diet (including understanding calories and other nutritional content),
- the principles of planning and preparing a range of healthy meals, and
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Health & Fitness (Key Stage 1)

These activities emphasise physical exercise as an act of kindness towards yourself. Children learn about the importance of building regular exercise into daily and weekly routines, and the characteristics and mental and physical benefits of an active lifestyle.

Health & Fitness (Key Stage 2)

These activities emphasise physical exercise as an act of kindness towards yourself. Children learn about the importance of building regular exercise into daily and weekly routines, and the characteristics and mental and physical benefits of an active lifestyle.

Healthy Eating (Key Stage 1)

These activities emphasise that healthy eating is an act of kindness towards yourself. Children will learn about what constitutes a healthy diet, the principles of planning and preparing healthy meals and the characteristics of a poor diet.

Healthy Eating (Key Stage 2)

These activities emphasise that healthy eating is an act of kindness towards yourself. Children will learn about what constitutes a healthy diet, the principles of planning and preparing healthy meals and the characteristics of a poor diet.

Topic 5: Drugs, Alcohol & Tobacco

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Topic 6: Health & Prevention

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body,
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer,
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn,
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist,
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing, and
- the facts and science relating to immunisation and vaccination.

Drugs, Alcohol, Tobacco, Health and Prevention (Key Stage 1)

These activities introduce children to a wide range of topics related to health and prevention, such as good quality sleep, safe exposure to the sun, dental health and how to recognise early signs of physical illness.

Drugs, Alcohol, Tobacco, Health and Prevention (Key Stage 2)

These activities introduce children to a wide range of topics related to health and prevention, such as good quality sleep, safe exposure to the sun, dental health and how to recognise early signs of physical illness.

Topic 7: Basic First Aid

- how to make a clear and efficient call to emergency services if necessary, and
- concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Topic 8: Changing Adolescent Body

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes, and
- about menstrual wellbeing including the key facts about the menstrual cycle.

IN PRODUCTION

These resources are currently in production and will be ready by February 2020.