



The Big Newsletter Volume 2 - We Launch Today!

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Today is a BIG day for us. We are launching our new PSHE and Wellbeing programme for Primary schools - The Big Think. To explore our 88 new Assembly and Lesson Kits for Ages 4-7 and 7-11 go to www.the-big-think.org.

**** Early Bird Offer ****

Become a member now and get an extra term for FREE!
Book in your training dates now ready for the new term.



What is The Big Think?

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The Big Think is an empowering whole-school, whole-child, wellbeing programme for Primary schools that has been developed to nurture children's character strengths and support the changing mental health needs of young children who are currently experiencing childhood anxiety and unhappiness in record numbers.

TBT programme has been designed to increase whole-school unity between staff, children and parents as well as the wider community, and it works flexibly to boost existing school values, wellbeing, the quality of relationships and learning behaviour strategies.

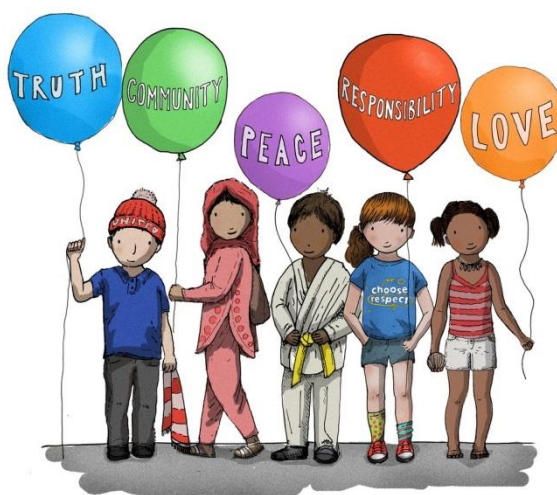
We use a system of connected values to help children explore their own thoughts, feelings and ultimately find their own voice. Values are not simply caught, they need to be explicitly taught through real-life stories, shared experiences and self-reflection. Values literate children are more in touch with themselves and learn to develop agency to better navigate the world around them.

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The Big Think 5 Core Values

Truth, Love, Peace, Responsibility and Community are central to our programme and link with 44 relating values each with an Assembly and Lesson Kit available for Ages 4-7 and Ages 7-11.





Silent Sitting

Every TBT session starts with Silent Sitting, a short relaxation to still children's minds and allow them to focus. Christiane Kerr [@Calm_for_kids](#) has written 15 tracks on our behalf. Each one is connected to a different value and will link with the theme of your lesson. Our pilot schools have found that the tracks work for all age groups, from age 4 to age 11.

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Values Inquiry, Values Role-play and Values Dialogue

The Big Think sessions create a safe place for children to be open and curious about old and new ideas and non-judgemental about each other. Key elements of each session are talk-based to encourage the development of a sense of self and to help the class, year group or entire school create common meaning together.

To help launch The Big Think at your school, we also run Values Dialogue sessions with the wider school community so that parents, children, governors, teachers and support staff all have the opportunity to consider values and how they might be brought to life at your school. Find out more about our training programmes on our website www.the-big-think.org.

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The Big Picture

Each session uses a striking illustration drawn by The Big Think illustrator Galia Pike [@monstrouspencil](https://twitter.com/monstrouspencil). Children are encouraged to use a range of Sentence Stems to explore the image with a partner and make predictions about the story.

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The Big Story

Each assembly and lesson is based around **The Big Story** – a story that allows children to think creatively by walking in the shoes of a fictional character to experience a range of feelings, thoughts and possible responses to dilemmas that they can then apply in their own lives. **The Big Questions** prompted by the story, encourage the children to consider others' viewpoints and think independently.

The Big Think Authors are 8 diverse children's writers from around the UK. They have been selected because of their ability to connect with young children through their use of believable characters, brave story contexts and powerful story-telling.

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A Big Thank You to our 3 Pilot Schools!

North Harringay Primary School in North London, Waltham St Lawrence Primary School in Maidenhead and Eastfield Primary School in Middlesex have supported the development of TBT from the start with regular trial Assemblies and Lessons, whole-school Starting Point and End Point Surveys and full school community engagement. We have enjoyed getting to know your children and staff and see you all as integral to our development. A Big Thank You to all involved!

To get a sense of the energy and engagement of the children and staff, watch TBT pilot film from North Harringay Primary School on our new website www.the-big-think.org.

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Latest Guidance from the PSHE Association

From September 2020, the health education elements of Personal, Social, Health and Economic (PSHE) education will be compulsory in all schools. (PSHE education is currently compulsory only in independent schools.) The statutory guidance for health education covers physical health, mental health and emotional wellbeing.

With the high prevalence of mental health issues in society, even young children may be learning about emotional health through their own experiences. According to NHS data, 12.8% of children aged 5 to 19 had a child mental health disorder in 2017. For 2- to 4-year-old children 5.5% were identified as having at least one mental disorder, rising to 16.9% of 17- to 19-year-olds.

Protective factors (including good communication, problem-solving, healthy coping skills, resilience and the ability to name, describe and understand a range of emotions) can reduce the risk of pupils turning to unhealthy coping.

We have looked closely at the full version of this new guidance and are pleased to see how several TBT lesson themes will help to meet many of the new PHSE programme of study objectives from Health and Wellbeing, Relationships, Living in the Wider World to Internet Safety and Harms.



June 2019

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