



# The Big Think

The Big Newsletter Volume 15

## Creating Calm & Inclusive Safe Spaces

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### 5 Silent Sitting Mindfulness Tracks Available Now!

Try 5 of our Silent Sitting mindfulness tracks for ages 5 to 11. We use them to start all The Big Think lessons and many TBT schools do Silent Sitting after lunchtime as a whole-school approach to refocus and relax both staff and pupils.

1. Accepting All Weather
2. The Optimistic Daisy
3. Breathe in Peace & Quiet
4. The Inside Smile
5. Making Footprints

<https://www.the-big-think.org/products/pack-of-5-silent-sitting-tracks>

Each mindfulness track has been written by child meditation expert Christiane Kerr [calmforkids.com](http://calmforkids.com) to help bring to life the values learners are considering in TBT lessons such as Openness, Hope, Inner Happiness or Caring about Nature. There are 15 tracks in The Big Think programme - you can purchase and enjoy this batch of 5 for only £20.

## Buy 5 Silent Sitting Mindfulness

### Join our first FREE workshop of the school year: Values, SEL Skills and RSE/PSHE

On **Tuesday 14 September at 4pm** join our new workshop to deepen your understanding of human values and how they can be used to underpin the 5 Social and Emotional Learning skills in order to support your pupils' wellbeing.

**Self-Regulation** - understood with **PEACE**

**Self-Awareness** - deepened with **TRUTH**

**Relationship Skills** - enriched with **LOVE**

**Responsible Decision-Making** - achieved with **RESPONSIBILITY**

**Social Awareness** - amplified with **COMMUNITY**

See how The Big Think programme enlivens key RSE statutory topics and makes them relevant to children through specially commissioned stories written about current issues such as:

#### **Justice - Taking the Knee**

(ways to stand up for justice)

#### **Commitment - All Sorts of Normal**

(about different types of family set-ups)

#### **Growth - Lizzie and Adam**

(first crush - physical and emotional feelings)

#### **Pride - #YOLO (You Only Live Once)**

(having pride in your changing body)

#### **Belonging - Beyond the Binary**

(exploring gender identity)

#### **Solitude - School Night Tussle**

(importance of sleep)

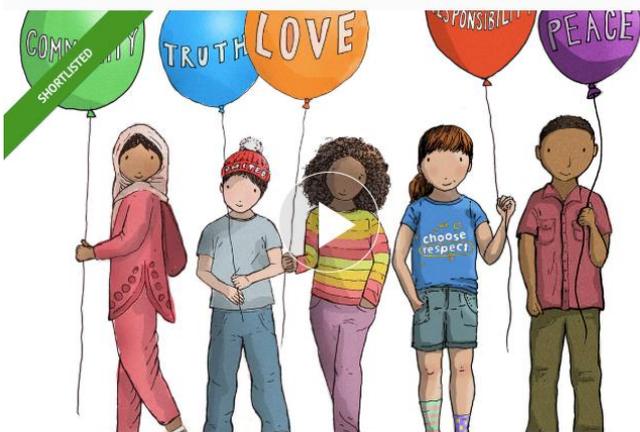
#### **Equality - Star Power**

(fair access to jobs)

Book a call with [Sarah Pengelly](#) The Big Think Curriculum Developer to discuss options for The Big Think staff training in September.

**Book our next FREE workshop – Values, SEL skills & RSE**

**Download FREE ‘Growth’ Assembly & Lesson Kit**



Bringing about change through care.

## The Big Think

United Kingdom

How do you inspire young people to care about Equality, Justice or Inclusion? Starting with the Self, then others, then the world, The Big Think activates an inherent need within every human to care. Our whole-school programme embeds a community of practice using shared human values to activate the 5 key SEL skills so that young people are motivated to care & take action to improve our world.

CRITICAL THINKING, LEARNING ENVIRONMENTS, SELF-ESTEEM, STUDENT VOICE AND AGENCY, WHOLE-SCHOOL MODELS

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Instructions

## The Big Think - shortlisted for HundrED Spotlight on Global Innovation in Social and Emotional Learning

We wanted to share the good news that The Big Think has just been shortlisted for the Finnish HundrED and Lego Foundation Spotlight for Innovation in Global Social and Emotional Learning.

We are through to the final 30 global projects and our work will now be analysed by a group of 45 professionals from around the world looking for innovation, scalability and impact - with a final 10 chosen in September to be supported to expand.

**See TBT HundrED entry here!**



## Implementing The Big Think at your school

1. Meet the new **RSE** statutory requirements.
2. Offer a broader, whole-school **PSHE** curriculum.
3. Fulfil **OFSTED** Personal Development & SMSC expectations.

Whether you are looking for a comprehensive whole-school RSE/PSHE programme, or extra Assembly and Lesson kits that can enhance your current provision, The Big Think is flexible in its delivery.

[This implementation document](#) highlights options that might work for your school.

You can view our time-saving Assembly and Lesson kits in this [video tour of The Big Think Membership Area](#).

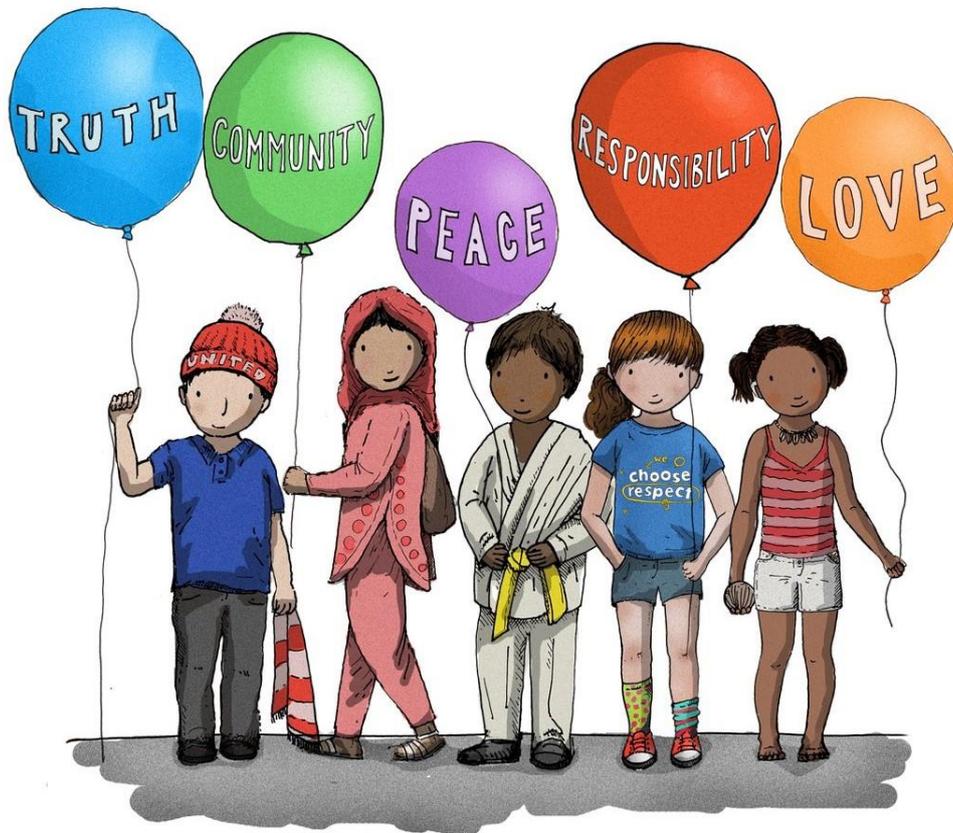
The Big Think programme starts at just £220 and meets your statutory RSE requirements as well as Ofsted Personal Development and SMSC expectations to prepare learners for life.

You can find out more about our packages here:  
<https://www.the-big-think.org/sign-up>,  
or email [sarah@the-big-think.org](mailto:sarah@the-big-think.org) with any questions.

## Tour of The Big Think resources

Alternatively, feel free to email us to book a phone call so we can talk through the programme and how it might meet your needs.

[contact@the-big-think.org](mailto:contact@the-big-think.org)



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