



# The Big Think

The Big Newsletter Volume 27

## Compassion At Christmas

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The Big Thinkers Band is led by Galia Durant (from [Psapp](#)) who created the theme tune for Grey's Anatomy! They have written our 5 Big Values songs for The Big Think Assemblies which all children love to sing.

Last year, Galia wrote and performed '*At Christmas*' for our Compassion At Christmas project raising money for Feeding Britain. The song is about Christmas being different due to families isolating and following restrictions. Your pupils will enjoy learning the British Sign Language for the song along with Brimsdown Primary in our [film](#).

This year, the song resonates just as much, thinking about the cost of living crisis and how it is impacting families around Britain, so we thought you might like to try it at your school next week.

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## Safer Internet Day & Children's Mental Health Week



Safer Internet Day



The New Year sees some important events for schools with Safer Internet Day on Tuesday 7th February 2023 and Children's Mental Health Week from 6th-12th February 2023.

To help you get ready, we have made available our Kindness Online Assembly and Lesson kits for KS1 and KS2. Go to the foot of our [website](#) to download the resources for FREE.



Sign up for free Kindness Online Assembly & Lesson kits



KS2 LESSON PLAN Session 1

**TRUTH**  
Trust



KS2 LESSON PLAN Session 2

**PEACE**  
Understanding Self



KS2 LESSON PLAN Session 3

**LOVE**  
Sharing



KS2 LESSON PLAN Session 4

**RESPONSIBILITY**  
Respect for others



KS2 LESSON PLAN Session 5

**COMMUNITY**  
Conservation: Clean air

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## 5 BIG FREE Online Session Kits to use over 5 BIG Weeks

This fun, collaborative, whole-school climate change project consists of 5 easy-to-facilitate Assemblies (for ages 5-7 and 7-11) with follow-up Lessons that include:

- Silent Sitting meditations by [Calm for Kids](#) mindfulness specialists
- Real-world stories edited by The Big Think Lead Author Maisie Chan ([Danny Chung Does Not Do Maths](#) - winner Jhalak Prize 2022, Runner-up Blue Peter Book Awards 2022)
- Values Inquiry and Big Circles
- Journaling
- Songs by Big Thinkers Band (from [Pssap](#) - creators of Grey's Anatomy soundtrack!)

*Once you sign up for the resources, remember to bookmark the page so you can access them as many times as you like.*

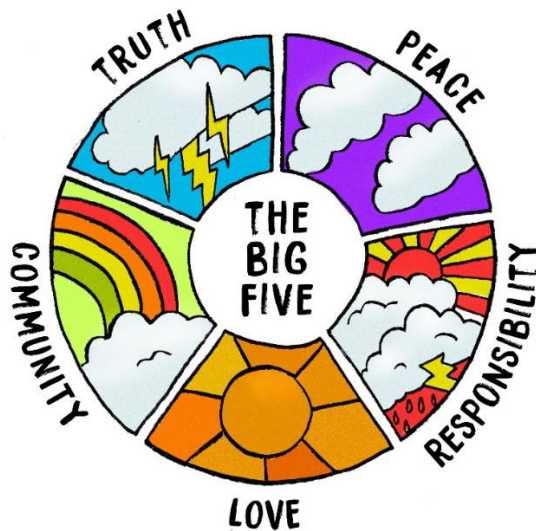
You may want to use the Silent Sitting Meditations after lunch every day with the whole school community taking part to gain peace and focus for the afternoon.

The first session TRUTH: Trust takes place inside every classroom in the school at the same time. The next 4 sessions are all led by an Assembly with follow-on lessons straight after back in class.

All sessions are tightly structured using SAFE guidelines (Sequential, Active, Focused, Explicit) and should allow teachers to become facilitators who are able to watch, listen and act rather than just impart knowledge.

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**Sign up for THE BIG 5 Project FREE resources**



*I create the weather patterns,  
together we change the climate.*

Does your Primary School community want to work together to create a mentally healthy climate where everyone can thrive? Then sign up for our next BIG 5 Project Workshop.

**Bring along a Leader, a Teacher and a Learner** (or just yourself!) to one of our **FREE The Big 5 Workshops** to learn about our new Social and Emotional Learning project.

THE BIG 5 packs can be used as one-off lessons to try in your classroom or as a whole-school 5-week project. It can unite your school community in accepting a shared responsibility for establishing a safe, caring and enabling learning atmosphere for all.

This free workshop will introduce your working group to our model of developing **5 BIG SEL Skills** through **5 BIG Values** over **5 Weeks!**

The session will walk you through how to deliver the 5 Assembly and Lesson Kits for ages 5 to 11 (TRUTH, PEACE, LOVE, RESPONSIBILITY and COMMUNITY) that will begin the journey of understanding ourselves, respecting others and caring about the planet.

**Next Workshop Dates:  
5th & 17th & 26th January and 9th February.**

**Book FREE workshop**

**Contact us to find out more**



December 2022

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