



The Big Think

The Big Newsletter Volume 29

Being, Doing & Caring in the Early Years



New Self-Regulation Programme for the Early Years

The BIG 3 + ME is our new Personal, Social and Emotional Development (PSED) programme for ages 3 to 5 years with the 3 core themes of:

BEING (Peace – Self-Regulation skills)

DOING (Truth – Self-Awareness skills)

CARING (Love – Building Relationships skills)

This Education Endowment Foundation (EEF) funded project focuses on helping practitioners to model how to help young learners Self-Regulate and provides a safe space to come together as a group, be still and reflect on BIG Feelings through a Silent Sitting meditation, 3 Special Animals and a Song.



TB3+ME uses **British Sign Language (BSL)** to bring to life the core values and BIG Feelings for children as young as 3 and with a range of needs, keeping each learner fully engaged and included in all of the 24 sessions.



A BIG Thank You to the expertise of Brimsdown Primary School in Edmonton who have a Hearing Unit and use BSL throughout the school to ensure inclusive and fun learning for everyone.

Supported by



This EEF pilot is working to narrow the gap for disadvantaged children by building self-regulation skills for everyone in the Early Years.

We are currently trialling TB3+ME in 12 private, voluntary and independent (PVI) Nursery and School Reception settings in Newham, Haringey and Enfield but we will be recruiting more widely from January 2024. Please express your interest below.

[Register your interest here to take part in TB3+ME in Jan 2024](#)



Join us at our **free workshop** celebrating the World Values Day 2023 theme - *Values Bring Us Together*. Thursday 19th October from 9:30am to 10:30am BST.

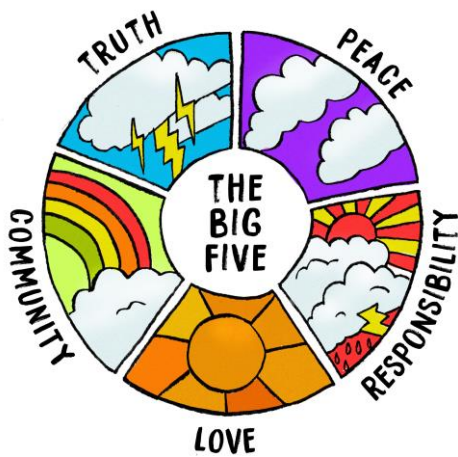
Experience a range of fun, multi-sensory, evidence-based Classroom Rituals that bring to life the human values of PEACE, TRUTH and LOVE for learners aged 3 to 5.

Meet Paxton the Peaceful Panda, who guides us with ways of Being (Self-Regulation skills), Tao the Truthful Turtle, who shows us ways of Doing

things (Self-Awareness skills) and Cali the Caring Puppy, who models how to be Caring (Relationship-Building skills).

The session will give teachers and others with an interest in early years education an insight into a new way of approaching the personal development of very young children at a critical time in their lives.

Sign up for TB3+ME workshop on World Values Day



We are proud to announce that our free resource for Primary Schools - **The BIG FIVE** - is a finalist for the Teach Primary Awards 2023!

The BIG FIVE gives you 5 Assembly and Lesson kits for both KS1 and KS2. It is a FREE taster for our values-based PSHE programme for Primary learners aged 5 to 11 called The BIG Think, which provides 120 Assembly and Lesson kits and aligns with your Relationships Education provision requirements.

Sign up for THE BIG FIVE project FREE resources

Contact Us to find out more

