



The Big Think

The Big Newsletter Volume 30

Early Years PSED – Laying Foundations for Life



Education
Endowment
Foundation

EEF Pilot – Early Years PSED – Self-Regulation skills

With the support of the Education Endowment Foundation, we have been piloting **The BIG 3 + ME** in 12 settings (PVI Nurseries and Schools) in Newham, Haringey and Enfield.

The project ensures that practitioners can implement the programme easily, that they enjoy learning to facilitate it, and that they experience the benefits for themselves. Here are some of their comments from our regular Practitioner Check-In sessions:

EYFS Lead - Karen McGovern, St Paul's and All Hallows' Infant School in Tottenham:

'The children just love it! They are engrossed by the special animals, the songs and the Inside Weather cards.'

Headteacher - Stephanie Clarke, Alexandra Primary in Wood Green:
'This programme is really inclusive; all of our children join in with greeting the animals and making the British Sign Language signs for feelings. Some of our youngest children with SEND have learnt the signs and are using them outside the sessions.'

Early Years Practitioner, Smarty Pants Nursery, Stratford:
'Children are starting to make use of the life skills outside the sessions. An upset child was given Paxton the Panda by another child and they did the 'calm' BSL sign together.'



Silent Sitting mini-meditation at a pilot PVI Nursery setting with children who had just turned 3 years old

This 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 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 that has a Hearing Unit and uses BSL throughout the school to ensure inclusive and fun learning for everyone.




Early Years PSED
Helping children learn to Self-Regulate

Invitation
You are invited to join us!
The BIG 3 + ME Workshop
345-445pm Tuesday 5th December 2023
<https://bit.ly/3sR2dVU>

- Experience our new PSED programme for Early Years
- Meet the BIG 3 Special Animals, see the BIG Feelings and BIG 3 Mat in action.
- Listen to a mini-meditation and BIG 3 Song.
- Hear from our EEF pilot Nursery and School practitioners.

Contact: sarah@the-big-think.org

Book HERE for TB3+ME workshop on 5 December



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

We will be recruiting new settings from January 2024. Please express your interest below.

Register your interest here to take part in TB3+ME in Jan 2024



You can still access our free resource for Primary Schools - **The BIG 5** - a finalist in the Teach Primary Awards 2023!

The BIG 5 – 5 KS1 and 5 KS2 Assembly and Lesson kits - 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 aligned to the Relationships, Sex and Health Education (RSHE) curriculum, with the Social and Emotional Learning deepening all learning.

Sign up for THE BIG FIVE project FREE resources

Contact Us to find out more

