



The Big Think

The Big Newsletter Volume 31

New PSED Programme for the Early Years



Education
Endowment
Foundation

Would you like The BIG 3 + ME in your school or nursery?

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

BEING (Self-Regulation skills)
DOING (Self-Awareness skills)
CARING (Building Relationships skills)

Backed by the Education Endowment Foundation (EEF) and meeting Early Years PSED requirements, we have been testing TB3 + ME in 12 schools and PVI nursery settings to ensure that the programme is an easy and fun experience and positively impacts social and emotional learning skills in both practitioners and learners.



Silent Sitting

“The BIG 3 + ME session is a real safety net and the children have got the framework now to talk about all the stormy feelings from playtime. I absolutely love it and we will be continuing despite the pilot ending.”

Karen McGovern EYFS Lead,
St Paul's and All Hallows' Infant School, Tottenham, London



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 each 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.



Early Years PSED

Helping children learn to Self-Regulate

Invitation

You are invited to join us!

The BIG 3 + ME Workshop

345-445pm Thursday 22nd February 2024

<https://bit.ly/48izcRA>

- 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

Come along to see if The BIG 3 + ME might work at your school or nursery!
All workshops are free, virtual and run from 3.45pm to 4.45pm.

Next 3 workshop dates:

Thursday, 22 February

Thursday, 7 March

Tuesday, 12 March

Join our next workshop on 22 February



Book a **Community Values Dialogue** for your school or nursery!

This is a non-judgemental, safe, inclusive space to listen to 30 voices representing the school community (e.g. parents, carers, staff, family worker, governors, Community/Faith Leader, pupils etc)

We will facilitate a themed dialogue of your choice:

- School Values Renewal
 - Respectful Relationships
- (including link to Trauma Informed Practice – Ready, Respectful, Safe)
- Belonging
 - Diversity
- RSE Consultation (including using Faith Values)

including community surveys and follow-up actions.

Community Values Dialogue – express interest here

Contact Us to find out more



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