



EMPOWERING CHILDREN FOR LIFE

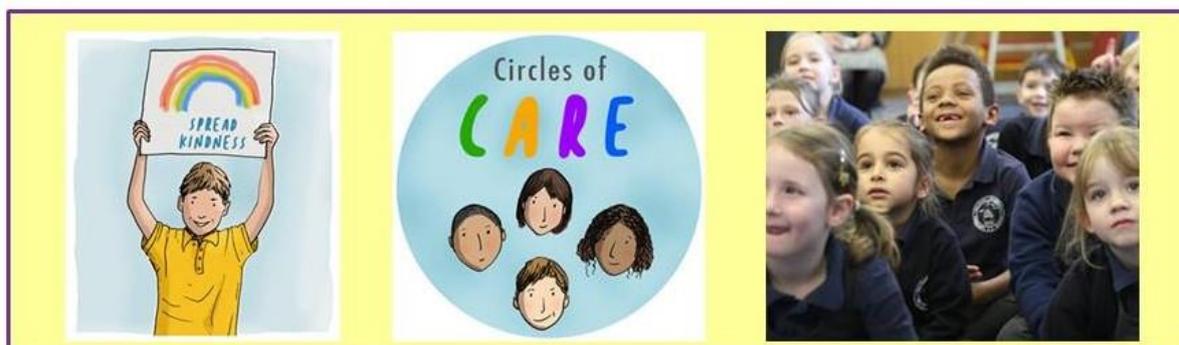
The Human Values Foundation was established 25 years ago because we were conscious of the importance of education that systematically fosters life skills from a young age, particularly those that positively impact children's health and wellbeing and in turn, the likelihood of them achieving their true potential.

Sadly, because of the ever-growing pressures of life in our complex and fast-paced world, along with the new anxieties that have arisen as a result of the Covid-19 pandemic, the number of children at risk of developing long-term mental health problems is real and mounting.

Our mission is to empower children from the age of 5 upwards with key social and emotional competencies. Our mission further sets out to help children gradually build up a personal bank of meaningful, life-enriching values they can use as anchors in their daily lives to guide their thinking, decision-making and actions. Our latest experiential learning programme, THE BIG THINK for ages 5 to 11, provides practical teaching materials that promote a whole-school approach to nurturing children's development. The training we offer leverages teachers' confidence in addressing children's social and emotional issues. This training also highlights how the programme's activities can, over time, equip children with techniques to look after their own mental health and wellbeing.



WHAT WE HAVE BEEN DOING DURING THE COVID CRISIS



- ❖ **Before schools closed on 20 March**, we worked on a new resource to help teachers proactively support children and their parents and carers as anxieties were mounting – we created a special, freely available **Coronavirus Assembly and Lesson kit** with the theme of **spreading kindness**.
- ❖ **For keyworkers' children and others when they return to their schools**, we developed a **free mini programme called Circles of CARE** to generate throughout school communities, a kind, caring, understanding culture so that children (and even teachers and parents) could talk about and share their worries and emotions and feel able to ask for and provide help for those who need it. There are 4 modules for ages 5 to 7 and 4 for ages 7 to 11 with the themes of Community, Appreciation, Resilience and Empathy. We built a new website to launch this increasingly popular resource: thebigthinkcommunity.org.
- ❖ **For children missing each other**, we held a **series of Zoom meetings** so that small groups of classmates could connect with their friends. We used materials from The Big Think learning modules, and created a **My Big Feelings Compass** for children aged 5 to 7 and another one for those aged 7 to 11 so they could begin to identify the emotions they were experiencing and learn how to manage them effectively. The children much appreciated these sessions, especially those without siblings.
- ❖ **A new website for The Big Think** – We were having technical difficulties with The Big Think's website and so in a matter of 3 weeks, a team constructed a fresh site for our innovative, multi-media programme and all the engaging materials and tools it offers teachers at this challenging time. The Big Think is ideal for primary schools because, from September 2020, their curricula must embrace the holistic development of their pupils, including compulsory teaching about relationships and health – which are very strong features of The Big Think (the-big-think.org).

We hope that all that we have achieved during the Covid-19 lockdown will bear fruit and assist teachers, children, parents and carers. In due course we look forward to new members joining our community of thinking schools and working with their teachers and children to continue our mission of shaping and developing values-based programmes that advance the quality and effectiveness of education.