



FREEDOM
FOUNDATION

Danielle Brown
January 2022

**BLUECOAT
PRIMARY
SCHOOL**

BLUECOAT



Freedom Foundation works to empower children and young people by using singing, songwriting and dance to help them express their emotions and boost their mental health. We believe that all young people have the potential to thrive and through the creative arts they can explore their identity, celebrate diversity and harness their individuality.

Freedom Foundation brought their Freedom Factory programme to the Bluecoat Primary School in September 2021. This was made possible with our funding received from The National Lottery and wow what an experience it was! Our aim was to use the programme to work with the students to help them with positive mental health whilst learning the arts - singing, dancing, music and song writing.

Our experienced team of dancers and singers/songwriters delivered the sessions each week with a group of x30 students. This was delivered face to face as an after school activity. Throughout the programme you could see amazing differences in the students as we helped to educate, instill confidence and support them emotionally over the x12 week period. 66% of the students attended all sessions.

OUR PARTNERS



Freedom Foundation would like to extend our thanks to our delivery partners, who helped us to make the Freedom Factory a success for children aged 9 - 11 years in the Nottinghamshire area.



Freedom Factory

SNAPS HOT



**x12 week
program**

x30 students

**X18 hours
Delivery**

**x2
Facilitators**

DEMOGRAPHICS

77% Girls

33% Boys

**66% Attended
all Sessions**



AIMS

IMPROVE CONFIDENCE

**UNDERSTAND THE EFFECTS OF SOCIAL MEDIA ON
OUR MENTAL HEALTH**

**IMPROVE
SELF WORTH**

**UNDERSTAND THE IMPORTANCE OF ACCEPTING THE
DIFFERENCES IN OTHERS**

TOPICS EXPLORED

ACCEPTANCE

SELF WORTH

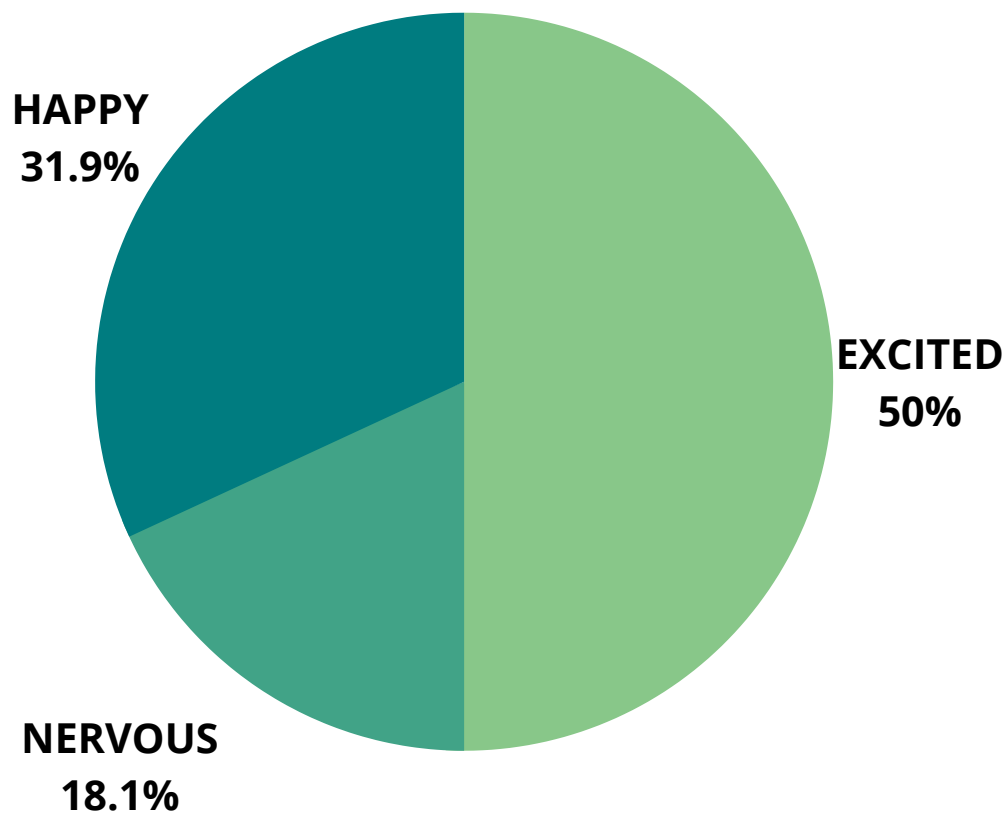
LOCKDOWN

SOCIAL MEDIA

WHAT MAKES US HAPPY?

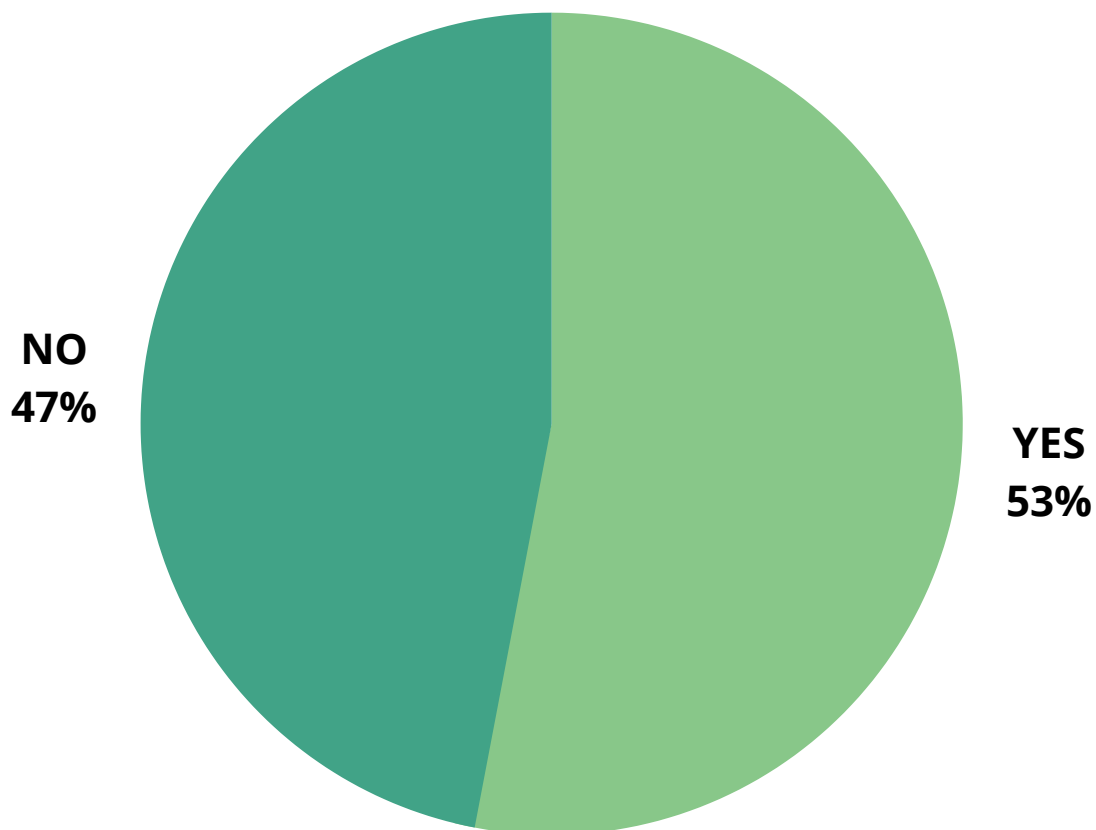
ANTI BULLYING

How do you feel about joining the Freedom Factory?



The following questions were asked before Freedom Factory started

Do you play sports?



SONG & DANCE



11%

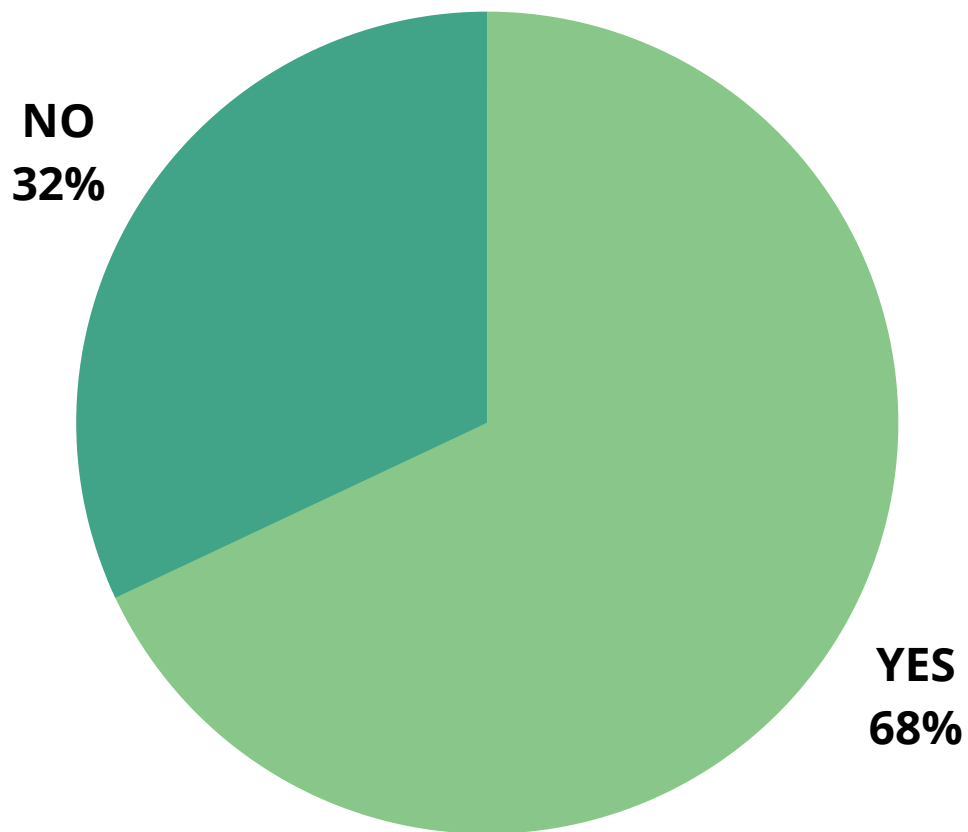
**OF THE STUDENTS HAD
NOT DANCED BEFORE**



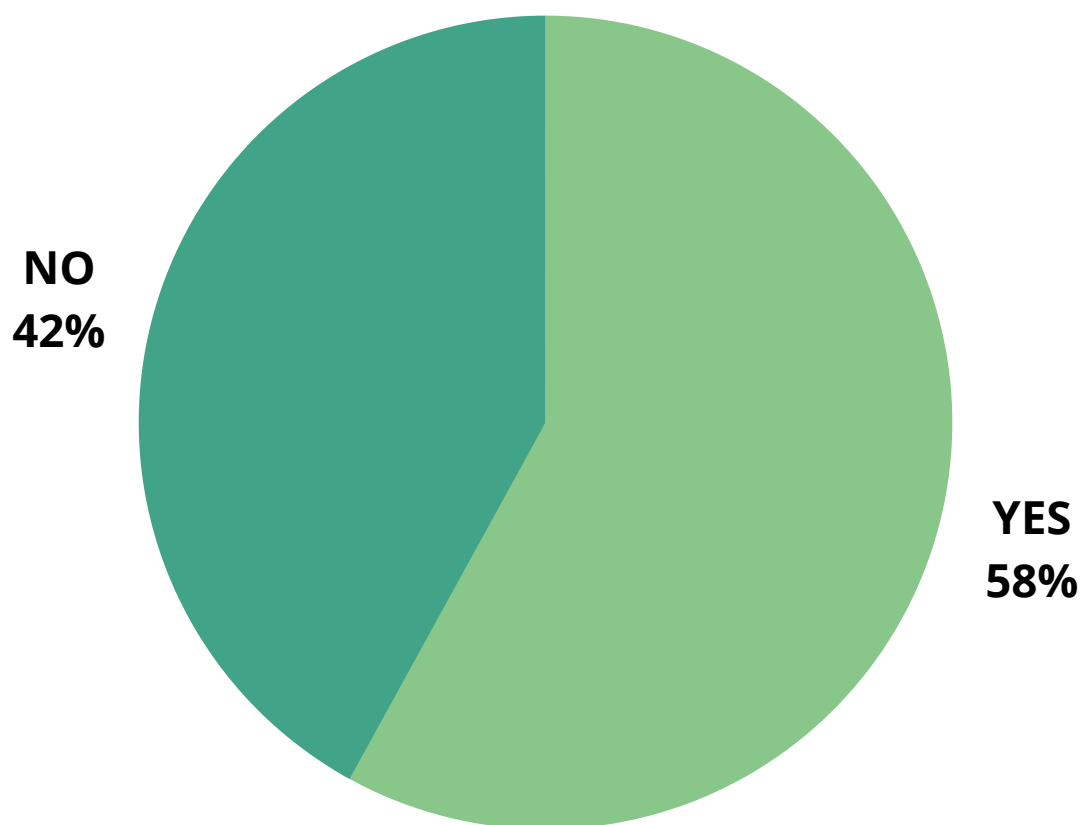
95%


**OF THE STUDENTS SAID
THEY WOULD CONTINUE
TO DANCE AND SING
AFTER THE SESSIONS**

Do you use social media?



Have you ever felt unsafe online?





**Here's what we got
up to at the
Freedom Factory!**

How do we see ourselves?

Looking at who we are and learning to accept ourselves whilst understanding that it's ok to be different. We had a discussion led exercise that helps explore emotions and how we really feel about ourselves both in reality and online. Most of the students found it more difficult to say something nice about themselves than something they didn't.

We discussed the importance of speaking positively to not just others but ourselves. Owning your own identity and taking charge of 'who' and how we speak to ourselves really does impact on our mind - the group realized this with some of the tasks and tools we set out with them.

All students got involved with sharing their likes on the first week which was great, in the 2nd week 10/12 said they were happy with who they are however 8/12 said they would still change something about themselves.

**During the 'I am' exercise
students said they were.....**

**'Powerful - amazing - beautiful
- strong kind - caring - queen'**

Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt. Most of the students said that lockdown had caused them some anxiety and that during this period 100% of them said their screen time had increased. They also stated that it had made them less motivated, that they missed their friends as well school/structure. Most agreed that they enjoyed the extra family time and trying new things.

95% said they would continue to use writing and dancing as a way to release how they feel.

By week 9 confidence had grown a lot, so many students wanted solo parts for the introduction of the performance it was hard to choose with so many great students.

In week 10 one student performed in their duet and it was incredible they went from not wanting to share in the first week to showing character, energy and real confidence when sharing their work at the front of the class - welldone what a great achievement!

By the final week you could see throughout how releasing their emotions had impacted positively on their mood, with energetic and uplifted spirits throughout.



Social Media

Every topic tackled was connected to social media. It's easy to see with the discussions we've had how social media impacts their everyday life and thoughts about themselves.

95% HAVE AN ACCOUNT ON ROBLOX

15% HAVE AN ACCOUNT ON TWITTER

During discussion it was clear they understood how using filters can affect their self esteem/self worth. We were able to explore the positives of social media and talk through how to have a healthy use. They also understood the importance of being safe online.

AT THE END OF THE PROGRAMME.....

100% OF THE STUDENTS SAID THEY UNDERSTOOD HOW THEY CAN BE SAFE ONLINE



Singing & Songwriting

Students learned how to structure a rap/song, using their own emotions and thoughts around the topic of acceptance.

Quite a few were worried about the songwriting process and didn't feel they could do it; however with some encouragement they all managed to create great pieces of work.



Students were also taught a familiar song, learning professional vocal techniques, lines and how to sing in different keys working together as a group.

They were really worried about this at first, but soon showed improvement and support to one another with the support of our Freedom Factory Singing teacher. In week 6 they really came out of their shells showing some great energy and you could feel the enjoyment from them whilst performing.

Street Dance

Working towards an end of programme performance both learning steps and creating their own choreography in groups, along with creative tasks and solos whilst supporting one another and boosting each other's confidence weekly.

60%

**OF THE STUDENTS ENJOYED THIS PART OF
THE PROGRAMME THE MOST!**

**MOODS WERE LIFTED AND THE STUDENTS
ENERGY WAS TRULY FELT WHILST
DELIVERING THIS PART OF THE SESSION!**



Freedom Foundation Methods

Freedom Factory includes some of Freedom Foundations unique practices for students to explore themselves and their emotions.

4M COPING STRATAGY

BREATHING TECHNIQUES

RAINBOW CHART



**FREEDOM
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4M Coping Strategy

Motivational Music for Mood and Mindset. Through an understanding of the impact music can have on our mental state of mind, we equip young people with the tools to develop their creative thinking to influence their outlook on life. The 4M coping strategy is a method that has been tried and tested by Stacey Green (co founder) on a number of students in various settings (including a special needs school) over the past few years and has proven to have a positive impact on children and young people who may or may not suffer with anxieties.



The students really enjoyed this and most agreed they would use music as a way to impact their mood positively.

Breathing Techniques

Demonstrated for those who suffer with anxiety as a tool to help them change their mindset and mood and learn to take control of their emotions in difficult situations.

The group took this task very seriously and had real focus throughout which was fantastic to see.

Our breathing techniques are below, we teach the students this as another way to cope with anxiety or the stresses of everyday life.

Students said they already know some breathing exercises and it really helped them relax.



Rainbow Chart

A chart with emotions ranging from happy, sad, frustrated, angry - the children write their initials at the start and the end of the session. This enables discussion that it is o.k to feel different emotions and we can move around emotions, it helps them understand it is o.k to feel sad or angry and teaches them tools to get them out of that space.

HERE'S HOW THE STUDENTS FELT AFTER OUR SESSIONS....

Week 5 - 100% left feeling happy, calm or inspired.

Week 6 - 100% left feeling happy or inspired





WHAT THE STUDENTS HAD TO SAY...

SKILLS

95%

ENJOYED FREEDOM
FACTORY

70%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

100%

LEARNT NEW SKILLS

EXPERIENCE



"I AM POWERFUL"

"I AM SUPER"

"I AM A DREAM AND A QUEEN"

"WRITE WHAT IS BOTHERING YOU"

STUDENTS WORK & SESSION CONTENT.....



**HERE'S SOME OF THE END OF
PROGRAMME SHOWCASE
PERFORMED BY THE
BLUECOAT STUDENTS ENJOY...**





Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



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