



FREEDOM
FOUNDATION

Danielle Brown
April 2022

**SOUTHWOLD
PRIMARY
SCHOOL**

SOUTHWOLD



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 Southwold Primary School in January 2022. This was made possible with our funding received from Wheatcroft. 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 x29 students. This was delivered face to face as part of their school day. Throughout the programme you could see amazing differences in the students as we helped to educate, instil confidence and support them emotionally over the x11 week period. 62% 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

SNAPSHOTS



**x11 week
program**

x29 students

**X16.5 hours
Delivery**

x2

Facilitators

DEMOGRAPHICS

45% Girls

55% Boys

62% 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

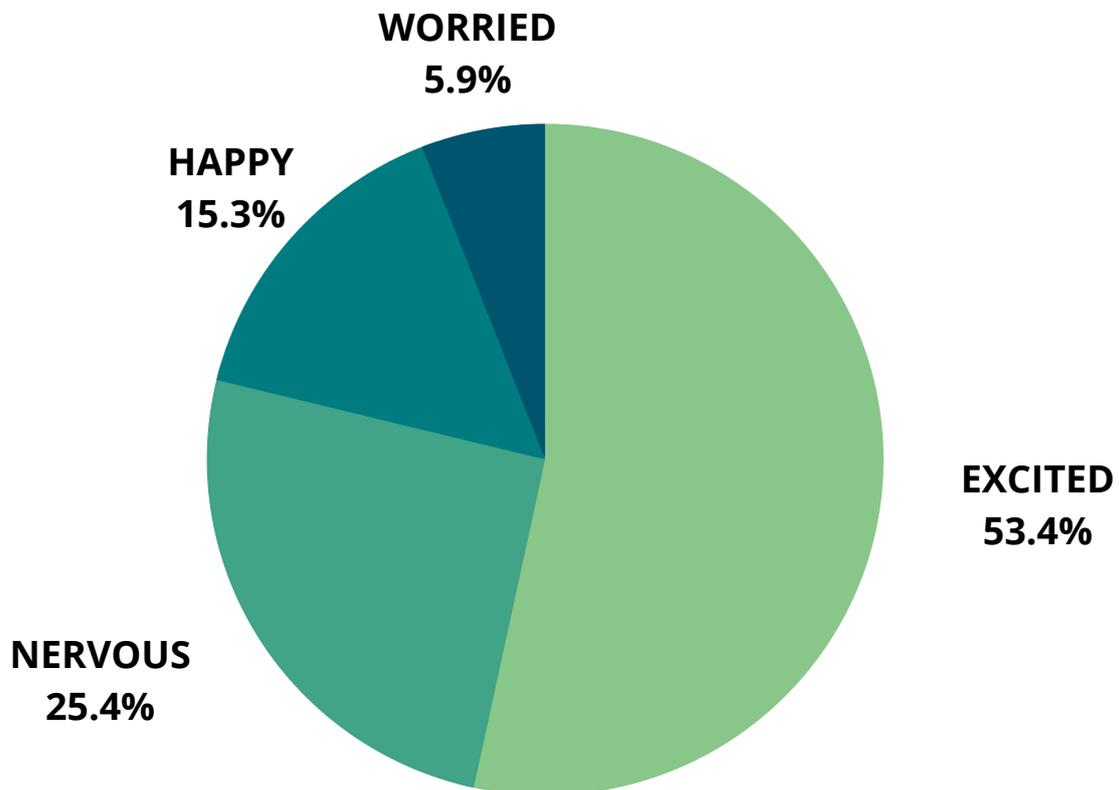
SELF WORTH

SOCIAL MEDIA

**RECOGNISING THE SIGNS OF
ANXIETY & HOW WE CAN COPE**

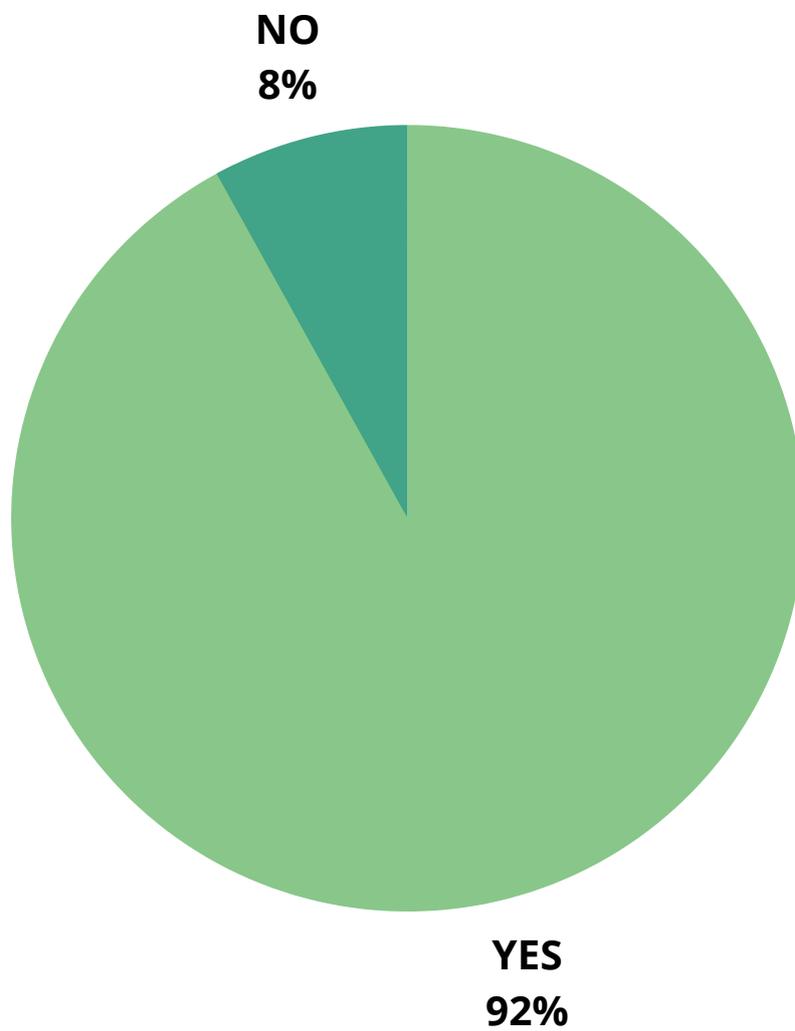
IMPORTANCE OF KINDNESS

How do you feel about joining the Freedom Factory?



The following questions were asked before Freedom Factory started

Do you play sports?



SONG & DANCE

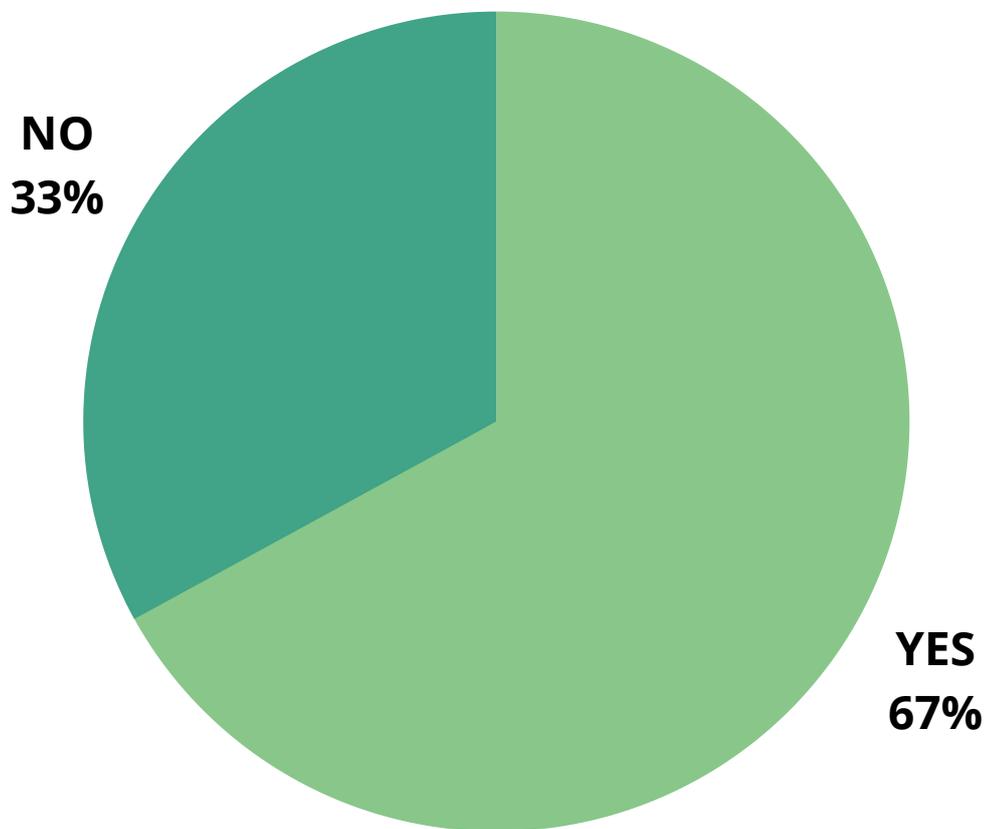
7%

**OF THE STUDENTS HAD
NOT DANCED BEFORE**

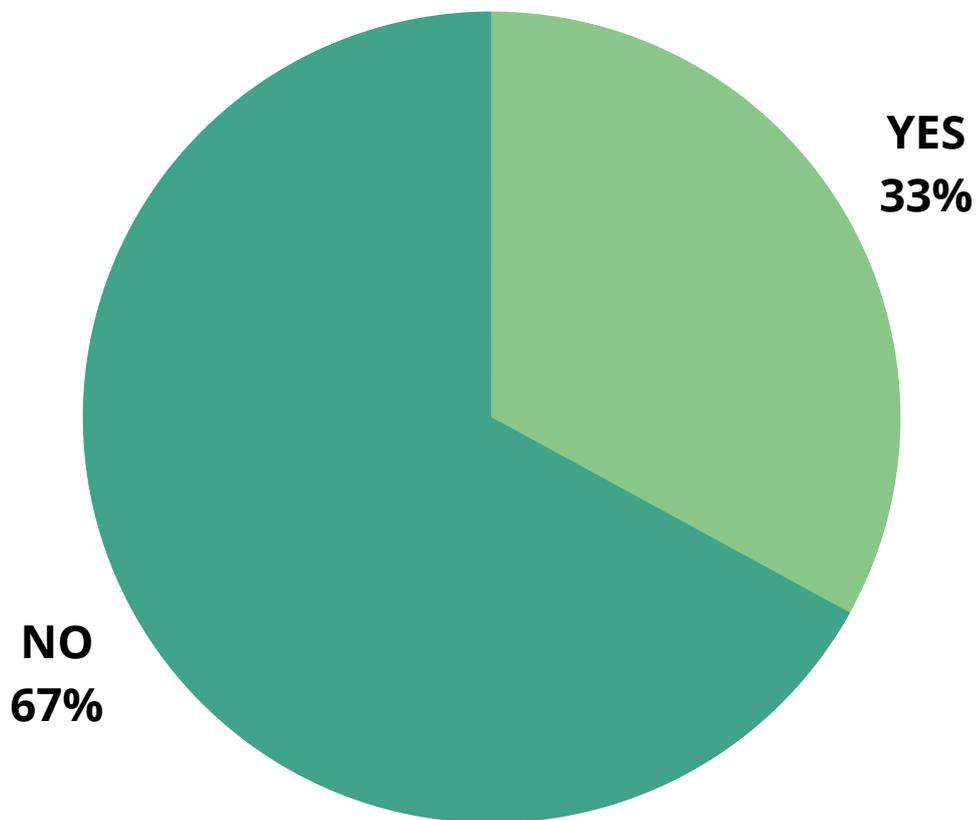
48%

**OF THE STUDENTS SAID
THEY ENJOYED THE
DANCING THE MOST**

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.

Most students got involved with sharing their likes on the first week which was great, however some struggled and needed help and encouragement to complete this task.

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

'Smart - Wonderful - Honest -
Talented- Creative - Loyal'

Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt about themselves. Some found this difficult and it was clear that some faced low self esteem. We spoke about the use of positive language and how it impacts on our mind. The students understood the importance of this and enjoyed using affirmations as a way to empower ourselves and start their day in a positive way.

44% said they would continue to use writing and dancing as a way to release how they feel.

By week 6 confidence had grown a lot, many were active in the discussions and took part well with others, one student who struggled with concentration really came through this week showing great focus expressing himself through the song writing process.

In week 9 there was massive improvement all round with their singing, they were now listening to one another and working together as a group showing emotion and character!

By the final week you could see throughout how releasing their emotions had impacted positively on their mood, x2 students who had never shared their work actually performed a solo part to their song in the performance - what an breakthrough!

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.

44%

HAVE WHATSAPP

22%

HAVE AN ACCOUNT ON TIK TOK

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.....

96%

**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 song writing process and didn't feel they could do it; however with some encouragement they all managed to create great pieces of work. See below one of our beat making tasks which helped them create melodies and beats.



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 quite nervous about this at first, but soon showed improvement and support to one another with the support of our Freedom Factory Singing teacher. In week 9 they really came out of their shells showing some great energy and you could feel the enjoyment from them whilst performing.

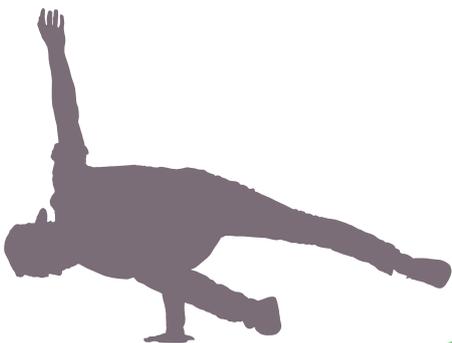
Street Dance

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.

48%

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



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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.

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

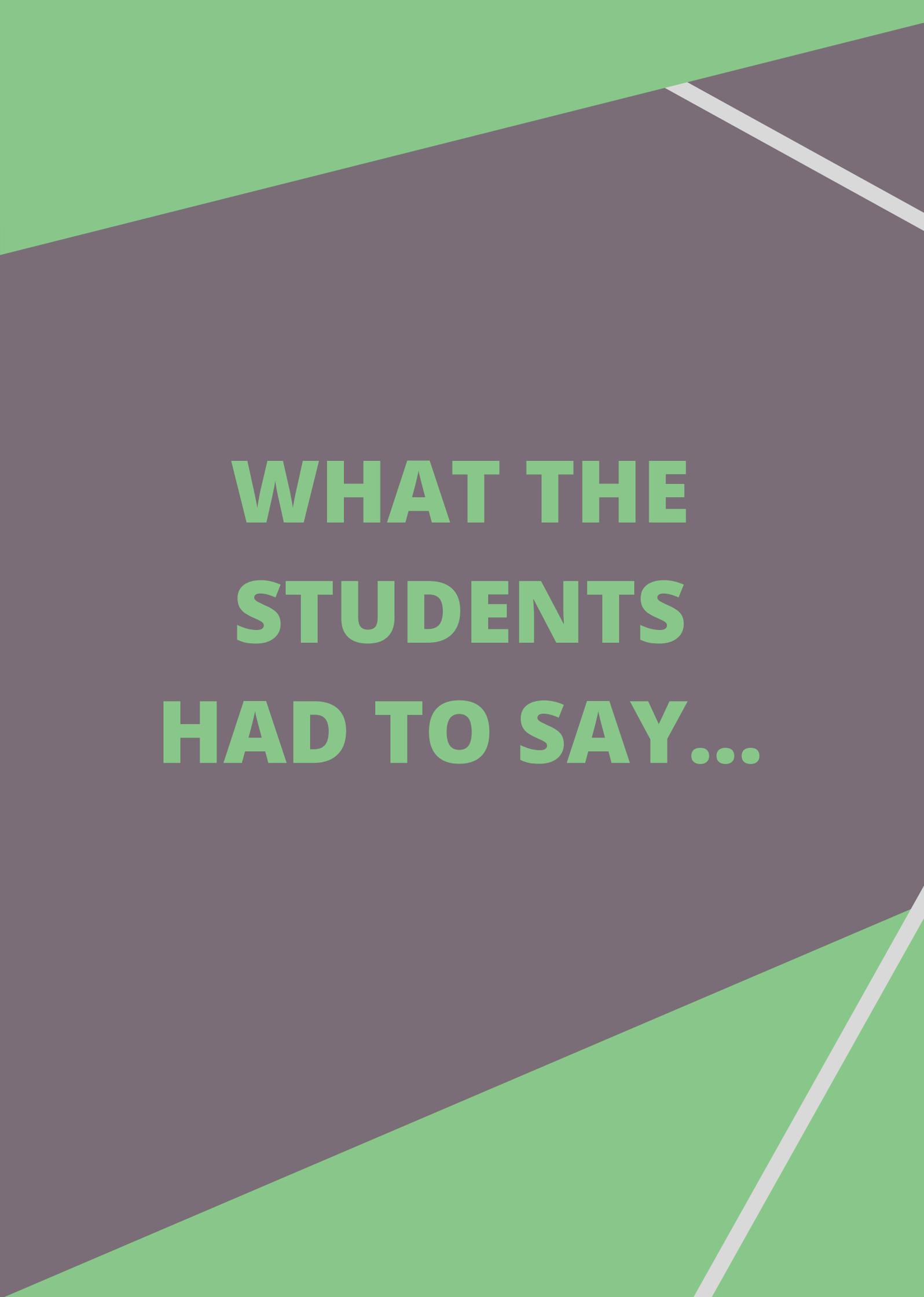
A chart with emotions ranging from happy, sad, frustrated, angry - the children write their initials at the start and the end of the session. This enables discussion that it is o.k to feel different emotions and we can move around emotions, it helps them understand it is o.k to feel sad or angry and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

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

Week 5 - 89% left feeling happy, calm or inspired.

Week 10 - 90% left feeling happy or inspired





**WHAT THE
STUDENTS
HAD TO SAY...**

SKILLS

78%

ENJOYED FREEDOM
FACTORY

70%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

79%

LEARNT NEW SKILLS

EXPERIENCE



"I WILL NEVER QUIT"

"I AM A PRO I AM STRONG"

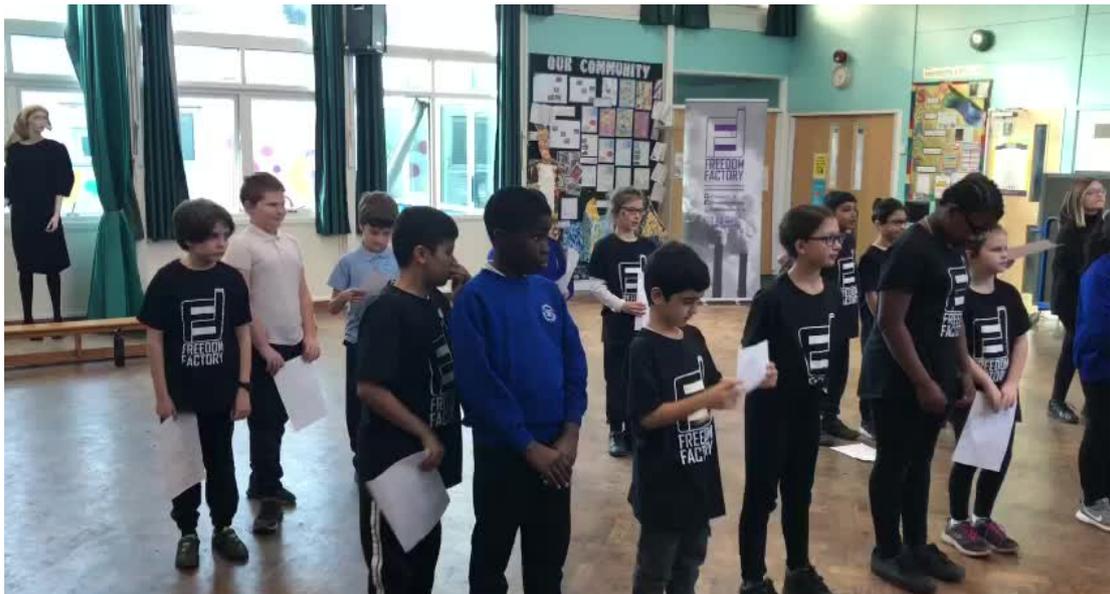
"I AM AMAZING I AM UNIQUE MY"

**"JOURNEY TO VICTORY WILL BE
VERY SOON"**

STUDENTS WORK & SESSION CONTENT.....



STUDENTS WORK & SESSION CONTENT....



HERE'S WHAT OUR CASE STUDIES SAID....

"What do you think Freedom Factory has helped with?"

"Expressing my feelings"

"Dancing"

"Freedom Factory is amazing alot of people should join"

"Freedom Factory is very positive"



Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



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