



FREEDOM  
FOUNDATION

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**EVOLVE**

# EVOLVE

Freedom Foundation works to empower children and young people by using singing, song writing and dance to improve their physical and 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 Evolve in April 2022. This was made possible with our funding received from Children In Need. 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 facilitators delivered the sessions each week with a group of x20 students. This was delivered face to face as part of a community project after school hours. Throughout the programme you could see amazing differences in the students as we helped to educate, instil confidence and support them emotionally over the x12 week period.



# 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 8 - 9 years in the Nottinghamshire area.



**Freedom Factory**

**SNAPS HOT**



**x12 week  
programme**

**x20 students**

**X18 hours  
Delivery**

**x2  
Facilitators**

# DEMOGRAPHICS

**90% Girls**

**10% Boys**

**Ethnicity:-**

**Black- 5%**

**White - 50%**

**Mixed Heritage - 15%**

**Unknown - 30%**



# **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**


**"WHO AM I"**

**ACCEPTANCE/SELF WORTH**

**SOCIAL MEDIA**

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

**IMPORTANCE OF KINDNESS**



**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.

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 produced some amazing content with their 'I Am' task. Most students said lots of positive things about who they are and were able to speak about themselves in a positive way.



I matter



# Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt about themselves. Some found this difficult and needed a lot of direction and help with their hand writing. 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 themselves and start their day in a positive way.

**75%**

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

By week 6 students who were usually difficult to engage were wanting to share their own dances showing enthusiasm and support to one another. This was a breakthrough as these students were really reluctant so it was great to see them release some emotion through dance and movement.

In week 9 students were really hard to engage, a lot of them were reporting that due to misbehaving at school they had punishment from their parents, this was effecting their ability to focus and engage in the Freedom Factory lesson. We tried to help change their mood by using music as a tool and dance as a way to help release some of their emotions - it worked for some however there were a couple who didn't want to take part.

# Social Media

Teaching and understanding the effects of social media is so important, at the Freedom Factory we discuss the impacts on our mental health and how we can use social media more safely. During our pro's and con's exercise, the students discovered more con's - helping to understand why it's important to have a healthy usage.

During discussion it was clear they understood how using negative comments online can effect others in the same way it would in person. We were able to explore the positives of social media and talk through how to have healthy usage. They also understood the importance of being safe online and when to take a break.

**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 'Who Am I'.

Quite a few were worried about the song writing process and didn't feel they could do it; however with some encouragement and familiar backing tracks 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 quite nervous about this at first, but soon showed improvement and support to one another with the support of our Freedom Factory singing teacher. The students struggled in smaller groups as they felt more exposed, however with encouragement they soon became more confident with the music in the background to assist.



# 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.

100%

**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.**

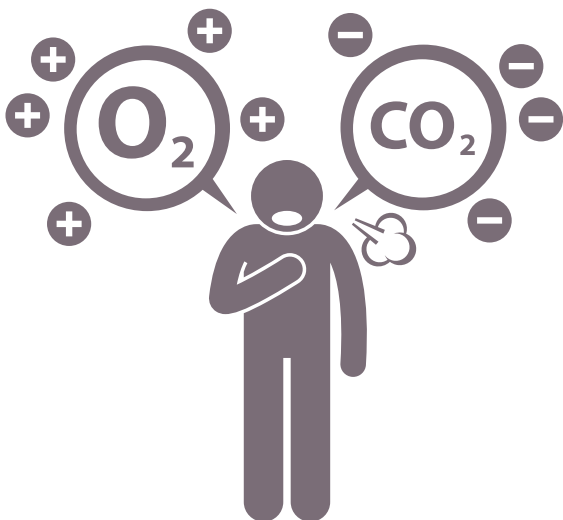
# Breathing Techniques

**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 felt silly at first but after a few times they became very focused 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 headspace.**

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

**Week 2 - 100% left feeling happy or inspired**  
**Week 10 - 90% left feeling happy**







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

# SKILLS

**100%**

ENJOYED FREEDOM  
FACTORY

**100%**

SAID IT HELPED  
IMPROVE THEIR  
CONFIDENCE

**100%**

LEARNT NEW SKILLS

# EXPERIENCE



# STUDENTS WORK & SESSION CONTENT.....





*Thank You*

TO ALL OF OUR  
STAFF AND  
DELIVERY PARTNERS



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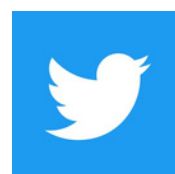
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