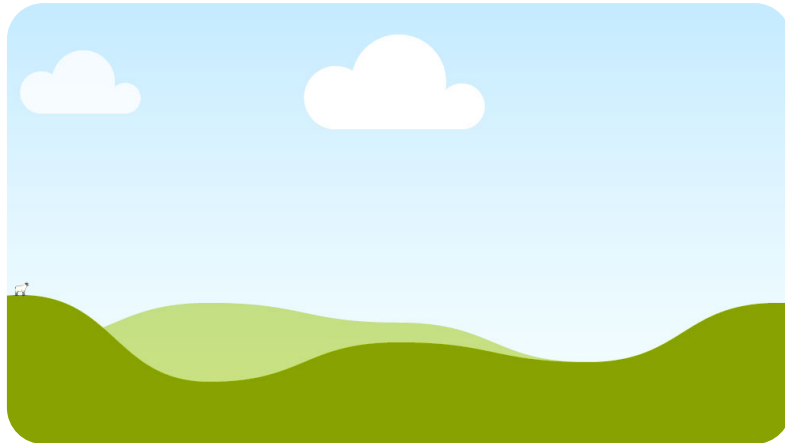




Danielle Brown
August 2022

**SMOOTHSTONE
SEND**

SMOOTHESTONE



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 Smoothestone (SEND provision) in April 2022. This was made possible with our funding received from Smoothestone themselves. 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 x5 students. This was delivered face to face as part of their school day. Ahead of the programme details of the SEND needs and interests were shared so we could adapt and change any parts of the Factory to meet the needs of the students. This enabled us to help 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 14-15 years in the Nottinghamshire area.



**Freedom Factory
Senior**

SNAPSHOTS



**x12 week
programme**

x5 students

**X18 hours
Delivery**

**x2
Facilitators**

DEMOGRAPHICS

60% Girls

40% Boys

**20% Attended
all Sessions**



AIMS

IMPROVE CONFIDENCE

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

FOCUS AND GAIN AN UNDERSTANDING OF DANCE

TO HELP INSTILL BELIEF IN THEMSELVES

UNDERSTAND HOW TO STRUCTURE A SONG/RAP

TOPICS EXPLORED

SELF ESTEEM

WORKING AS A TEAM


SOCIAL INTERACTION

LONG TERM GOALS

EXPRESSING OURSELVES

STAYING FOCUSED AND TAKING

ON INSTRUCTION

The image features a light gray background with green geometric shapes at the top and bottom. A dark purple line runs diagonally across the top right and bottom right corners. The text is centered in a bold, green, sans-serif font.

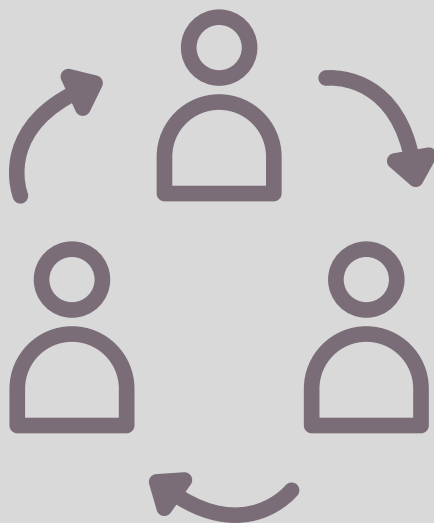
**Here's what we got
up to at the
Freedom Factory!**

Social Interaction

Looking at who we are and learning to accept ourselves whilst understanding that it's ok to be different. We played games that involved role play and hot seating, the students were so believable whilst discovering themselves, asking questions and talking about who they were.

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.

Other tasks involved the students responding to one another, whilst listening focusing and working as a team throughout.



Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt about themselves. 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.

100%

said they would continue to use positive affirmations

Group 1 only responded to the practical movement, so we adapted the session and taught dance sessions weekly with this student. At first it was really difficult to engage and get this student to focus as they were often not fully aware of what was going on. Once this student was familiar with the routine of the Factory they started to show great expression through their movement as the weeks passed. Having their own time with Freedom Factory teacher really helped this student respond more positively.

Group 2 were really engaged with the song writing, they explored how music makes them feel and responded well to re-writing the lyrics to 'Hamilton'. Their work was really powerful, it was brilliant to see how music can impact so positively on these young people's minds.

Singing & Songwriting

Students learned how to structure a rap/song, by rewriting the lyrics to 'Hamilton'. They really enjoyed this process and wrote some fantastic lyrics. See student work below.



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.

Street Dance

Group 1 worked towards an end of programme performance both learning steps and creating their own choreography, along with creative tasks whilst boosting the students confidence weekly. Costumes were discussed and decided with the student, which helped them to express themselves further and create a character that they wanted to be.

**THIS STUDENT THOUROUHLY ENJOYED
THIS PART OF THE PROGRAMME!**

**MOODS WERE LIFTED AND THE STUDENTS
ENERGY WAS TRULY FELT WHILST
DELIVERING THIS PART OF THE SESSION!
THE STUDENT PERFORMED A SOLO AT THE
END OF THE PROGRAMME - WHAT AN
AMAZING ACHIEVEMENT!**



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
FOUNDATION**

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.

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.





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

EXPERIENCE

100%

ENJOYED FREEDOM
FACTORY

100%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

100%

LEARNT NEW SKILLS

END OF PROGRAMME PERFORMANCE.....



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



"I am a Diva"

X did a fantastic job in their end of programme performance, the teachers were so happy with it X got commended with an award for **"The most positive response to the year award"** which is fantastic.

X did so well they ended up doing it again because the first time their wig fell off. Overall we were so happy with the development of this student and fully deserved the recognition for their efforts.



Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



FREEDOM FOUNDATION

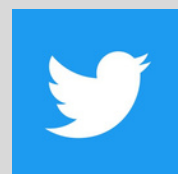
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