



FREEDOM
FOUNDATION

Danielle Brown
July 2022

**SOUTHWOLD
PRIMARY
SCHOOL
(SUMMER)**

SOUTHWOLD PRIMARY



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 Southwold Primary School in January 2022 and due to it's great success we were able to stay on with another cohort of students for the celebration of the queens Jubilee from April through to July 2022. This was made possible with our funding received from The Arts Council Jubilee Fund. 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.

We also used a theme of 'Moving Through The Decades' in celebration of the Queens Platinum Jubilee, educating year 4 students (ages 8 & 9) about music from different eras as well as different styles of popular dance in that decade.

Our experienced facilitators delivered the sessions each week with a group of x27 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 x12 week period. **65%** 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 8 - 9 years in the Nottinghamshire area.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Freedom Factory

SNAPS HOT



**x12 week
programme**

x28 students

**X18 hours
Delivery**

**x2
Facilitators**

DEMOGRAPHICS

**40% Girls
60% Boys**

**65%
Attended all
Sessions**

**Ethnicity:-
Asian - 48%
Mixed Heritage - 17%
White - 22%
Tunisian & Arab - 4 %
Black - 9%**



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

MUSIC THROUGH THE DECADES

QUEENS PLATINUM JUBILEE

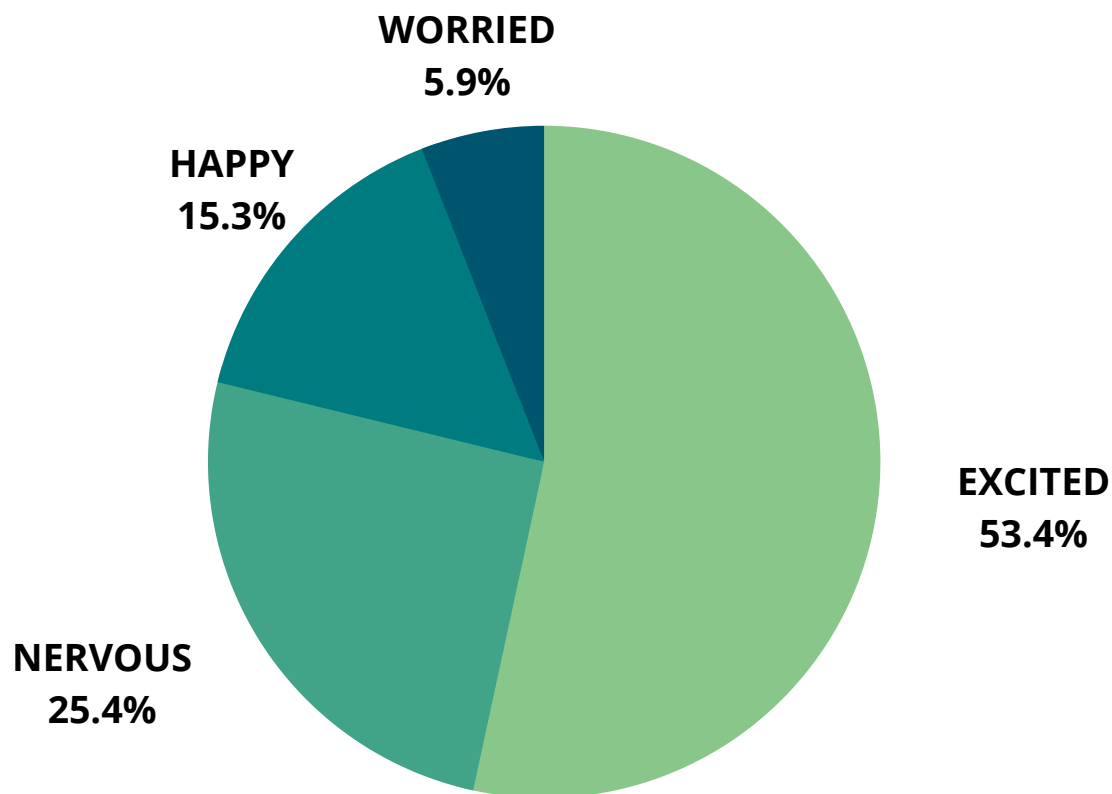
ACCEPTANCE/SELF WORTH

SOCIAL MEDIA

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

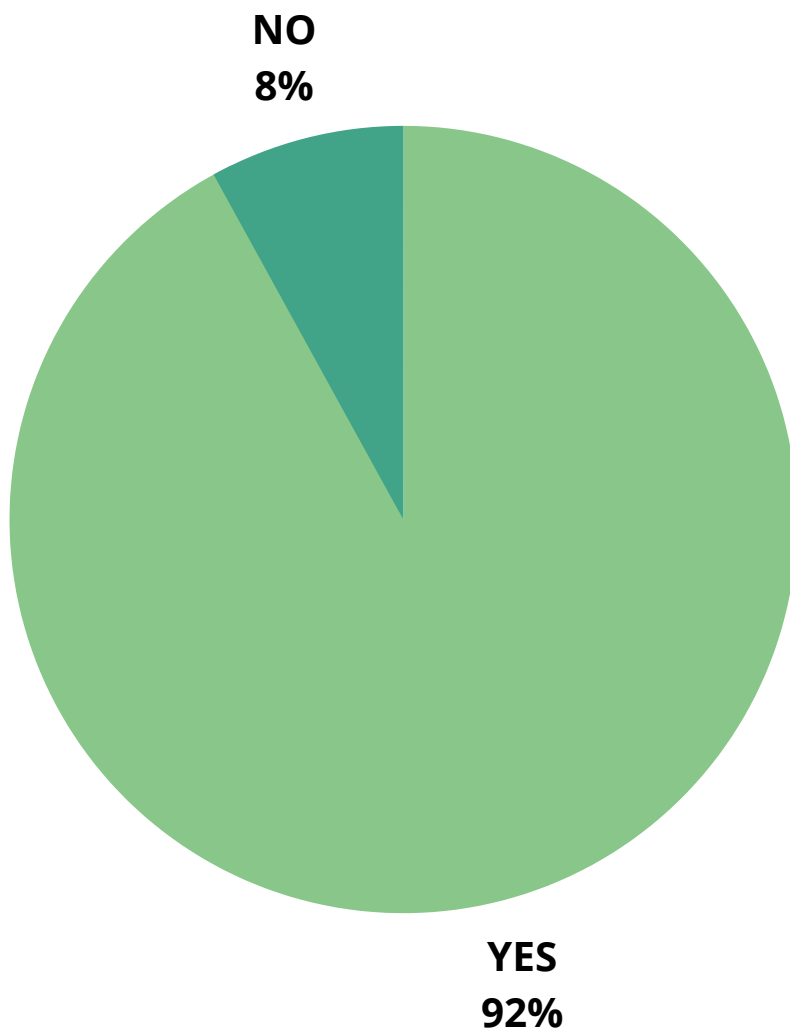
IMPORTANCE OF KINDNESS

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%

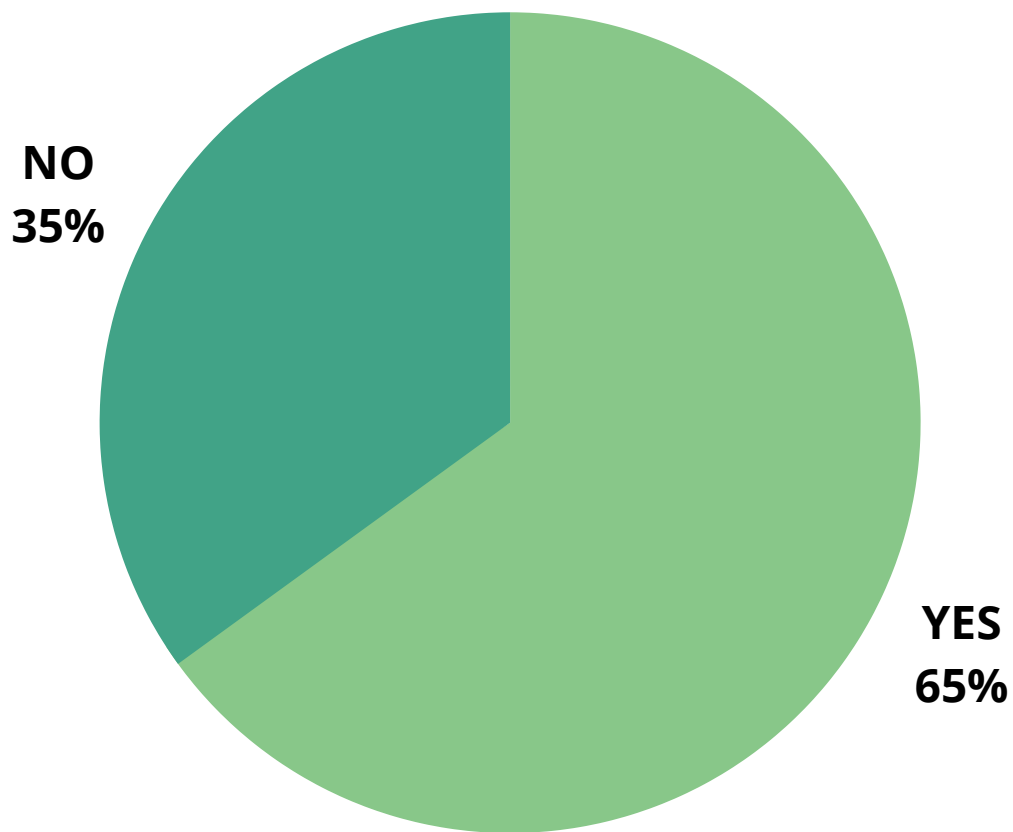
**OF THE STUDENTS HAD
NOT DANCED BEFORE**



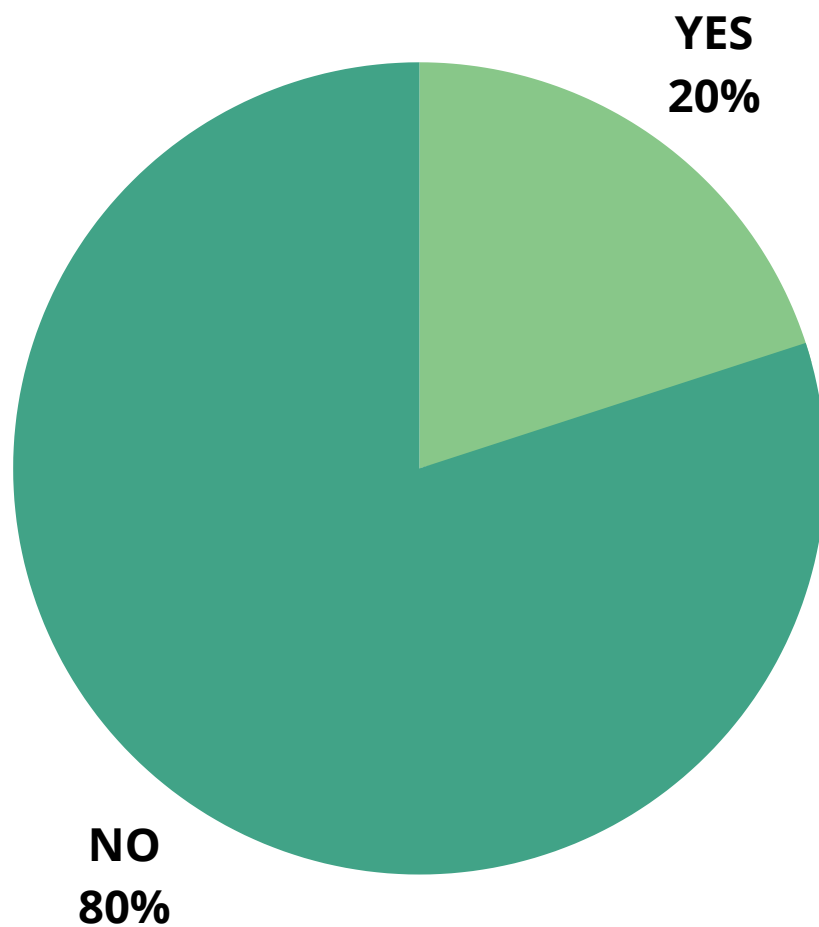
57%


**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 - Creative - Unique'

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 themselves and start their day in a positive way.

57% said they would continue to use writing and dancing as a way to release how they feel.

By week 8 confidence had grown a lot, one student with SEN needs often struggled to focus and work in groups however with some guidance they led their group at the front within the song writing task and stayed focused throughout.

In week 5 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 whilst performing body percussion to 'We Will Rock You'.



By the final week you could see throughout how releasing their emotions had impacted positively on their mood, x1 student who never shared in front of others actually performed a solo part to their song in the performance - "what an breakthrough"

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. It's easy to see with the discussions we've had how social media impacts their everyday life and thoughts about themselves. The students said they spend 1-6 hours online each day.

52%

USE WHATSAPP

37%

HAVE AN ACCOUNT ON TIK TOK

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.....**

87%

**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 'I Am Me'.

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 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 6 they performed together at an event in celebration of the Queens Platinum Jubilee. They all did fantastic and showed great character throughout.

Street Dance

Working towards a mid 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.

57%

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! THE STUDENTS LEARNED DANCES FROM THE 60'S 70'S & 80'S INCLUDING DISCO - LOCKING & STEET DANCE STYLES!



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.

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 headspace.

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

Week 1 - 100% left feeling happy
Week 10 - 90% left feeling happy or inspired





WHAT THE STUDENTS HAD TO SAY...

SKILLS

84%

ENJOYED FREEDOM
FACTORY

70%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

79%

LEARNT NEW SKILLS

EXPERIENCE

73%

**WOULD
RECOMMEND
FREEDOM FACTORY**



**"I AM BEAUTIFUL I AM CONFIDENT
I AM BORN TO BE STRONG"**

"I AM WHO I AM"

"I AM UNIQUE"

"I AM SMART I AM AWESOME"

"I AM WORTH IT I BELONG"

STUDENTS WORK & SESSION CONTENT.....



**Click the link
below to view our
video montage of
Southwold Primary**

<https://youtu.be/BdqtE0RSiHU>



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

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

"Freedom Factory has helped improve my confidence"

"Freedom Factory has helped me make beats"

**Other students
comments about
Freedom Factory.....**

"Inspiring"

"Spectacular"

**"The
Greatest"**

"Fantastic"

"Interesting"

**"You can be
who you want
to be"**

"Funny"



Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



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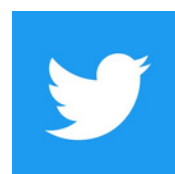
**Antenna 9a Beck Street
Nottingham NG1 1EQ**

0115 993 2370

info@freedomfoundationuk.org



@freedomfoundationuk



@FreedomFDN_UK



@freedomfoundation_uk