



**Danielle Brown**  
**August 2022**

**ST GILES  
SCHOOL  
(SEND)**

# ST GILES



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 St Giles School (SEND provision) in April 2022. This was made possible with our funding received from St Giles School. 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 x11 students. This was delivered face to face as part of their school day. Ahead of the programme profiles of the students taking part were shared with us, we could then 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 11-18 years in the Nottinghamshire area.



# **Freedom Factory Senior**

## **SNAPSHOT**



**x12 week programme**

**x11 students**

**X18 hours Delivery**

**x2 Facilitators**

**x3 Staff Members**

# DEMOGRAPHICS

**27% Girls**

**73% Boys**

**27% 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 SELF BELIEF**

**UNDERSTAND HOW TO STRUCTURE A SONG/RAP**

**TO PROVIDE TOOLS TO HELP ELIVATE ANXIETY**

# TOPICS EXPLORED


**SELF ESTEEM/WHO AM I**

**WORKING AS A TEAM**

**SOCIAL INTERACTION**

**LONG TERM GOALS**

**EXPRESSING OURSELVES**



**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. By the end of session 2 students were feeling more uplifted and already showing improvements on how they see themselves.



The students created pictures of themselves, exploring how they see themselves and their lives.

They expressed this through drawing characters, doodles and even shapes and patterns.



# 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

We discussed anxiety, what it is and how we may suffer from it, a supported video was shared to help explain what anxiety might look like. The Freedom Factory teachers were able to explore in a safe space how we can help to suppress anxiety by teaching breathing techniques. Some students responded to this well, they were able to talk about their emotions and help each other understand from a different perspective what they might be going through.



# 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. 80% of the students said they didn't use social media.

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, They really enjoyed this process with the support of our Freedom Factory teachers. 40% of the students had not wrote a song or a poem before, so felt nervous at first, however created some great work throughout.

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

We taught the chorus to 'I can' by Nas which helped empower the students to believe in themselves and feel positive.

We also looked at 2 other songs which reflected on positivity, belief and support. The students enjoyed singing 'One call away' by Charlie Puth and 'Million Dreams' from the greatest showman.



# Street Dance

The students 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. All choreography was broken down in stages so the students could follow and learn easily.

100%

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

**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  
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.**

**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.**







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

# EXPERIENCE

**100%**

ENJOYED FREEDOM  
FACTORY

**100%**

SAID IT HELPED  
IMPROVE THEIR  
CONFIDENCE

**100%**

LEARNT NEW SKILLS

# CASE STUDY REPORT

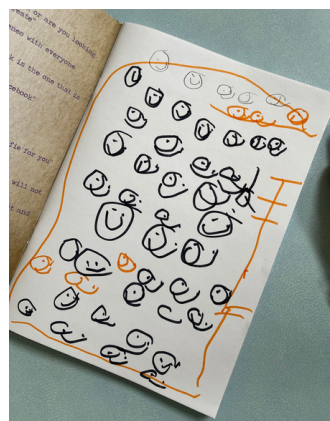
X came to the factory very nervous suffering with lots of anxiety and doesn't deal with big groups. Over the course of the programme X gave it everything in our debates on all the subjects we covered, I seen a massive growth in his ability to get involved in the singing and dancing and also has a huge love for art. On the last session of the factory X said please can I sing in front of everyone and he got up and smashed it. You should have seen the smile on his face well done X.

## FEEDBACK

After the final session the teacher who sat in on the sessions at St Giles said that the students have loved it and don't want it to end. Their confidence has changed in there lessons and that they feel proud of who they are. She is also very keen to get more sessions in for September.



# STUDENTS WORK & SESSION CONTENT.....





*Thank You*

TO ALL OF OUR  
STAFF AND  
DELIVERY PARTNERS



FREEDOM  
FOUNDATION

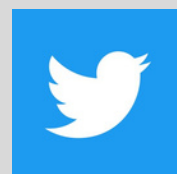
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