



FREEDOM  
FOUNDATION

**SOUTHWOLD**

JANUARY 2023



**FREEDOM  
FACTORY**



# FREEDOM FACTORY OVERVIEW

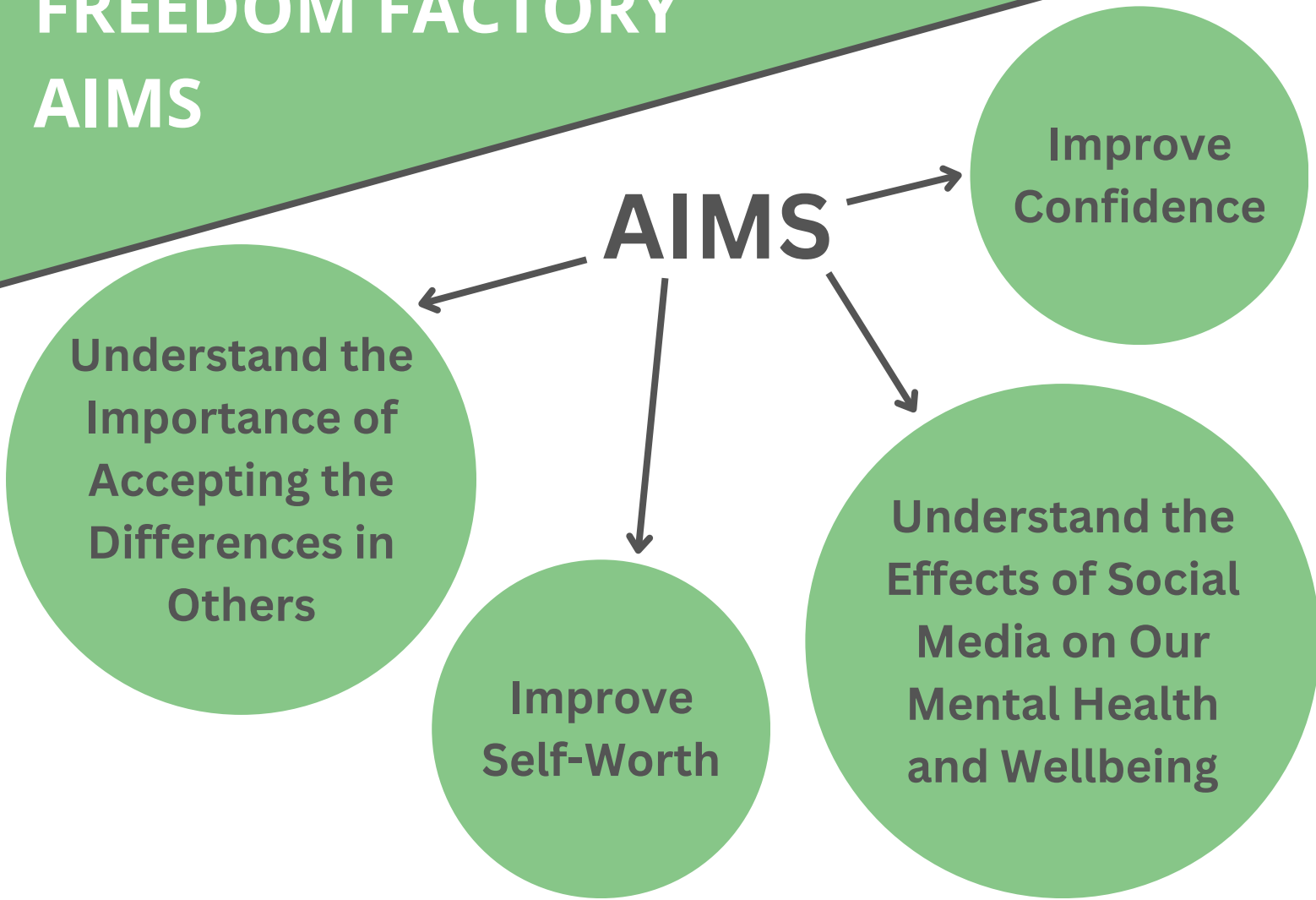


Freedom Foundation works to empower children and young people by using singing, songwriting, and dance to help them express their emotions and boost their mental health. We also discuss the impact of social media and educate the young people on how to be safe online, promoting positive activity online, and available support guidance.

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 2023 for 11 weeks; throughout the programme we could see amazing differences in the children as we helped to educate, instil confidence, and support them emotionally.





## TOPICS EXPLORED

Acceptance

Self-Worth

Social Media

Recognising the Signs of Anxiety and Coping Mechanisms

Importance of Kindness



# FREEDOM FACTORY

## METHODS

Unique Freedom Foundation practices are utilised within Freedom Factory to enable children to explore themselves and their emotions

### 4M COPING STRATEGY

#### Motivational Music for Mood and Mindset

Through having an understanding of how music can have an impact on our mental state of mind, we equip children with tools to develop their creative thinking and to subsequently 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 children in various settings (including special needs schools) over the past few years. It has proven to have a positive impact on children and young people who may or may not suffer with anxieties.

### BREATHING TECHNIQUES

Breathing techniques are demonstrated for those who suffer with anxiety. They are used as a tool to help the children to change their mindset and mood, and to learn how to take control of their emotions in difficult situations.

We teach the children that this is another way to cope with anxiety or the stresses of everyday life.

### RAINBOW CHART

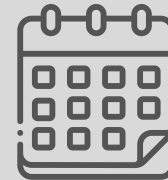
The Rainbow Chart is a chart with emotions ranging from happy, to sad, to frustrated, to angry. The children select how they are feeling and write their initials on these selected emotions at the beginning and end of each session.

Using the Rainbow Chart enables discussions towards how it is OK to feel different emotions and how we can manage these emotions. It helps the children to understand that it is OK to feel sad or angry, and it teaches them tools to get out of that headspace.





**29 Children Supported**



**11 Week Programme**



**16.5 Hours Of Delivery**



**2 Facilitators Utilised**



**28% Male  
72% Female**



**25% Aged 7  
61% Aged 8  
14% Aged 9**

## Ethnicity:

21% White British	4% Asian Netherlands
18% Indian	4% White Other
7% Black African	4% Indian Pakistani
4% Other - Afghanistan	4% Black Other
4% White and Black Caribbean	4% Black British
4% Pakistani	4% Mixed White and Asian
4% White and Black African	4% Mixed Polish Kurdish
4% White English	11% Prefer Not to Say



# PRE-EVALUATION QUESTIONNAIRE

The children answered some questions prior to joining the Factory Programme... here is what they had to say

"Dance"

31%

"Swimming"

Enjoy Playing Sports

"Basketball"

"Football"

"Handball"

100%

Had Danced Before

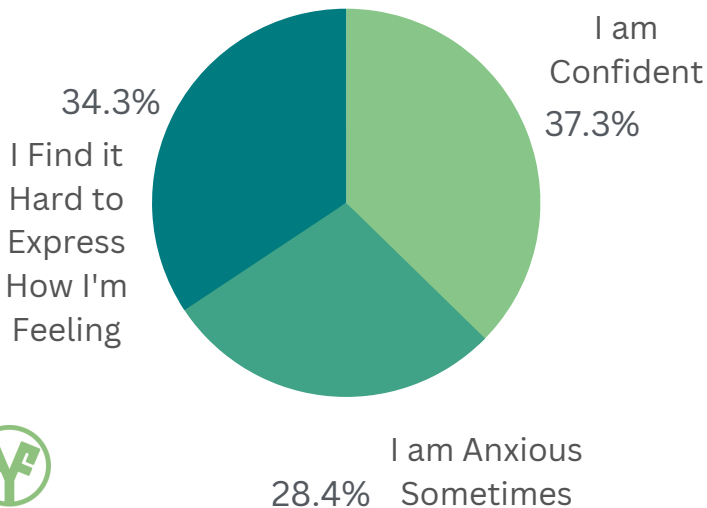
58%

Enjoy Singing

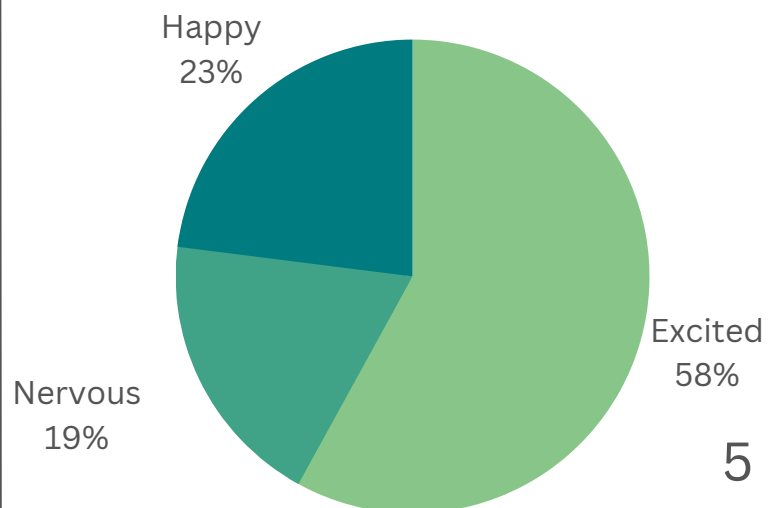
73%

Had Written a Song or Poem Before

## What Comment Best Describes You?



## How do You Feel about Joining Freedom Factory?



# WHAT WE GOT UP TO...

## AFFIRMATIONS + FF METHODS

### AFFIRMATIONS

Each session the children were asked if they knew what positive affirmations were and how using them instilled self-worth, belief, and confidence. The children were asked to stand tall and repeat a series of empowering affirmations, with music playing in the background. This increased the energy in the room and was a great way of enabling the children to feel good about themselves and that they could achieve anything if they just believed in themselves.

By week 2, the facilitator noted that as a group they discussed mental health, how to be kind to ourselves, and how to be more positive by creating positive affirmations.

"I am confident, I am different"

"I am smart, I am kind, I am amazing, I am strong"

### FREEDOM FACTORY METHODS

#### 4M COPING STRATEGY

"They really enjoyed the 4M exercise and were very keen to express how they felt with the different genres of music:

- 1) Classical - calm, sleepy, tired
- 2) Rock - excited, happy, angry
- 3) Pop - excited, happy, like dancing"

- Facilitator

#### BREATHING TECHNIQUES

Exploring various techniques, the children were taught how to slow their breathing down to release anxiety.



# WHAT WE GOT UP TO...

## SINGING, SONGWRITING AND DANCING

The children learned how to structure a song/rap using their own thoughts and emotions around the topic of acceptance. They were also taught a familiar song; learning professional vocal techniques, lines, and how to sing in different keys. They also learned how to work together to sing as a group.

### Facilitator Notes

"The children sounded really good singing together as a group, they seemed very focused during the singing task"

"All of the children understood the importance of beat lyrics, rhythm, and how to structure a song. Some of the children were creating melodies as they were writing about themselves and felt comfortable enough to share their songs."

### Facilitator Observations

One of the goals for the programme was to complete an end of programme performance; therefore, the children learned new dance steps and were also encouraged to create their own choreography. Creative tasks were completed individually and within groups where the children could support one another to boost each other's confidence.

### Facilitator Notes

"The children really enjoyed the dancing; we did some walks as a group to encourage character and confidence."

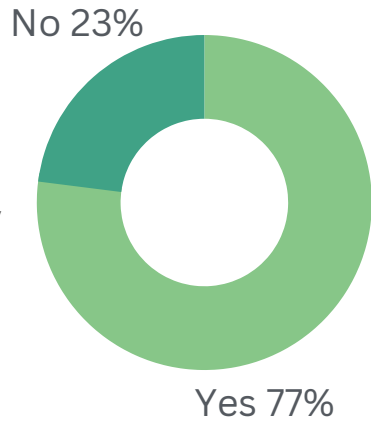




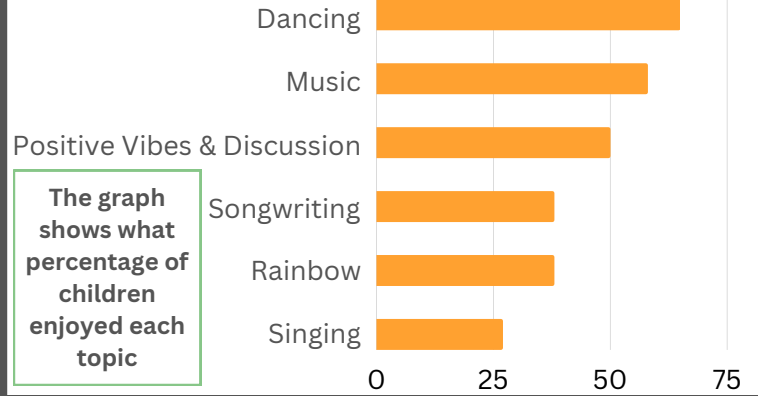
# POST-EVALUATION QUESTIONNAIRE

The children answered some questions after completing the Factory Programme... here is what they had to say

Did You Enjoy your Time at the Factory Programme?



What Did You Enjoy Most?



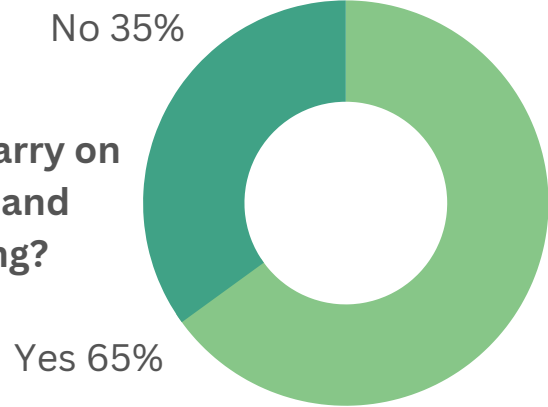
31%

Reported the Programme Helped them to Write Down their Feelings and Emotions

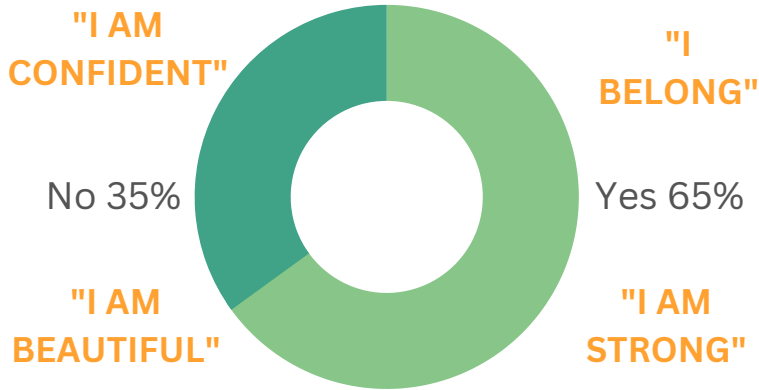
58%

Felt they had Learned New Skills and Abilities

Will You Carry on Singing and Dancing?



Would You Consider Using Positive Affirmations?



What Sentence Best Describes You Now?

43% - I feel very confident to describe how I feel  
57% - I feel more confident to express how I feel

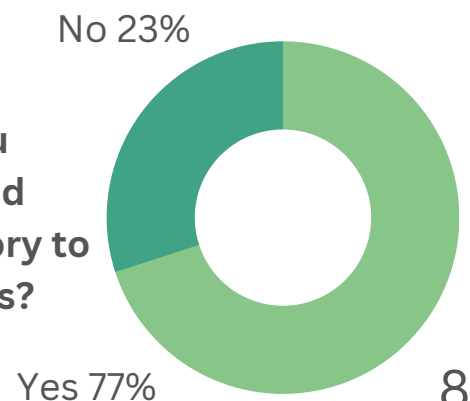
50%

Reported that their Confidence had Improved

69%

Felt More Confident to Seek Support and now Know Where to Go to Find it

Would You Recommend Freedom Factory to your Friends?



# CASE STUDY CHILD

One child aged 9 yrs completed an additional questionnaire... here is what they had to say

## What Did You Enjoy Most about the Factory Programme?

"DANCING"

"LEARNING ABOUT  
SOCIAL MEDIA"

They **had** sang and tried dancing before in school

What Did You Think the Programme Helped you With?

"My confidence and believing in myself"

The child believed the programme **had** increased their confidence

The child believed the programme **had** helped them to write down their feelings and emotions

## How Would You Describe the Freedom Factory?

"Fun"

"It is my favourite time of the week!"



# SOCIAL MEDIA

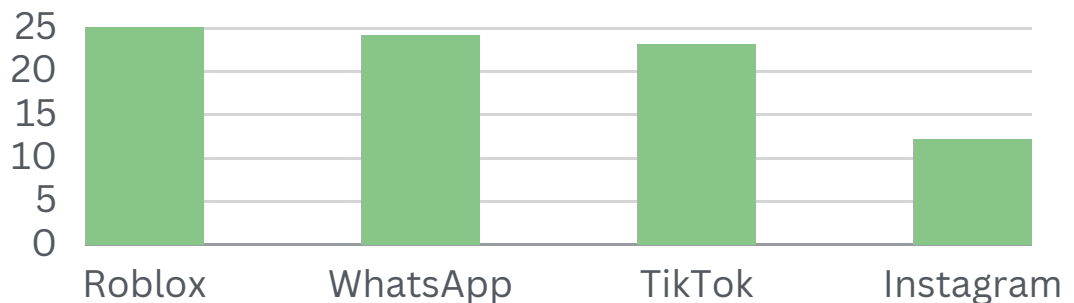
The children answered pre and post-programme questions about social media

Through group discussions, we talked about using platforms appropriately and how to have a healthy relationship with social media. It was clear to see how social media impacted the children's every day lives and their thoughts about themselves.

**88%**

Use Social Media

The Chart Shows Which Social Media Platforms were Being Used and by What Percentage of Children



The children reported that they **had** felt unsafe online and **had** faced negative comments

During discussions, it was evident that the children understood how using social media can affect their self-esteem and self-worth. We expressed the importance of learning to accept ourselves whilst understanding that it is OK to be different both in reality and online.

"The children got really involved and enjoyed the group task discussing the pros and cons of social media" - Facilitator

"The social media 'paper task' went down well, most children understood the message of always being kind as we do not know what others are facing" - Facilitator

AT THE END OF THE PROGRAMME...

**91%**

Said they Understood What it Meant to be Safe Online



# FACILITATOR QUOTES

"Great session. They performed really well and most seemed to enjoy it."

"Good class, they all seemed really excited about joining the Freedom Factory. A very warm welcome from all staff, they were happy to see us back. I look forward to seeing what we produce with the students."

"The boys groups responded really well to the songwriting and came up with some great stuff with guidance. The beat making was fun, the children got really stuck in and seemed to enjoy it. The boys group worked well together again."

"One of the children said that they loved the Freedom Factory and didn't want it to end"

"One student said that Monday is their favourite day at school because that is when they get to do the Freedom Factory"

"The headteacher was very pleased with the outcome and noted that the group were a challenging group; they think the children have benefitted from being a part of the Freedom Factory Programme."

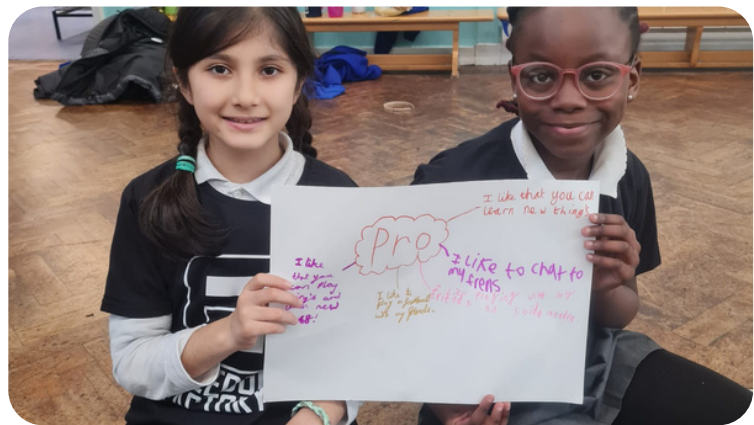
"Some got a bit nervous at the start and had to gather themselves ahead of the performance, however, they coped amazingly well throughout."

"I found this group to be challenging, however, very responsive when engaged with tasks. All students have benefitted from the programme and fully understood the importance of individuality and to accept who we are. I am pleased with the outcome and hope we have inspired them to continue using the creative arts as a way to express themselves."





# SNAPS FROM THE PROGRAMME



*THANK YOU!*

TO ALL OF OUR STAFF  
AND  
DELIVERY PARTNERS





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