

MINDING THE GAP WITH THE BIG THINK

The Big Think (TBT) is an exciting new **Personal Development and Wellbeing programme** for ages 4 to 11 that bridges the **gap** between **academic education** and **developing the whole child** with the **experiential learning improving life chances** and **enabling individuals to flourish and fulfil their true potential**.



Comprising 88 fully-resourced, time-saving Assembly and Lesson kits (44 for ages 4-7 and 44 for ages 7-11) TBT instigates discussion and debate, progressively empowering children with transformative thinking, emotional and social skills and character strengths so they can really blossom and achieve more with a greater understanding of emotions and behaviour and the consequences of choices.

Each session starts with **Silent Sitting** allowing the children a few minutes to relax to calming music. The specially written **stories**, often reflecting today's young citizens' concerns and anxieties, challenge the learners to consider what they might do in similar situations. Talking and listening to others' viewpoints leads participants to identifying possible options and deciding how they could better manage, take control of or improve real experiences and issues.



The lesson kits provide plenty of opportunities to apply self-help techniques that deepen the children's understanding of their own and others' thinking, feelings and reactions. Their enjoyment of TBT is further enhanced when singing the 5 values songs together. Each classroom session ends with a personal journal that cements learning and over time means children can review their progress.



This structured, comprehensive programme develops teachers' professionalism and gives them insights into their own values and how they might support children in managing their emotions, relationships and wellbeing in all the different contexts of their daily lives – at home, in class, in school, in their wider communities and as young citizens of today's world.