



THE BIG THINK – a PERSONAL DEVELOPMENT and WELLBEING programme

The **Big Think** is a set of comprehensive **Assembly and Lesson kits** designed for ages 4 to 11. This experiential learning programme is intended to nurture children's capacity for personal development and managing their wellbeing effectively. The 88 time-saving kits provide engaging and enjoyable activities that support teachers and their schools in delivering the highest standards in education. Their practical content is especially relevant for learning without limitations, bringing to life and integrating these schemes of work:

- **Spiritual, Moral, Social and Cultural (SMSC) growth**
- **British Values**
- **Personal, Social, Health and Economic (PSHE) education**
- **Relationships Education**
- **Citizenship.**

The resource emphasises the importance of **wellbeing and personal development** with the sessions being fun so that children feel happy and safe and able to enjoy progressively gaining mindsets, skills, knowledge and personal qualities to live healthy, positive lives.

The two sets of **Assembly and Lesson kits (44 for ages 4 to 7 and 44 for ages 7 to 11)** are based around five universal, core values that resonate well with children: **Truth, Peace, Love, Responsibility** and **Community**. As they explore a wide range of values under the umbrella of these five main ones, they learn to better understand:

- **themselves** – as individuals capable of spiritual, moral, social, intellectual and physical growth and development
- **their relationships** – which are fundamental to their development and fulfilment of happy and healthy lives and to the good of the community
- **themselves as part of society** – which is shaped by the contributions of a diverse range of people, cultures and heritages
- **the environment** – which provides the basis of life and a source of wonder and inspiration that needs to be protected.

The Assembly and Lesson Kits come with guidance for practitioners on how to prepare for and deliver the sessions. The kits are packed with activities, such as calming, relaxing 'Silent Sitting', contemporary stories and group singing, all designed to open up informative and non-judgmental discussions about a range of relevant topics and give children opportunities to use the values being explored to guide their thinking, choices and actions. The sessions end with personal journals and collective decisions about ways of applying what has been learnt to improve matters in real-life contexts. The competencies gained over time enable the children to address and manage many of the challenging issues, anxieties and concerns with which they are grappling on a daily basis.

VISIT www.the-big-think.org TO TRY A FREE ASSEMBLY AND LESSON KIT.