



LIVE BIG ESSA Packet

RESEARCH-BASED DESIGN & LOGIC MODEL



Live Big offers workshops, professional development, and flexible curriculum designed to empower adolescents in grades 4-12. Live Big programs weave together a broad range of methodologies and research in the areas of nervous system regulation, somatics (mind-body connection), internal parts work, various psychotherapy modalities, behavior change, and mindfulness.

UNDERSTANDING ESSA Evidence



Evidence requirements under the Every Student Succeeds Act (ESSA) are designed to ensure that states, districts, and schools can identify programs, practices, products, and policies that work across various populations.

The Every Student Succeeds Act (ESSA) requires education programs to provide evidence of effectiveness and impact in order to be federally supported. The Department of Education's Office of Educational Technology provides standards to assess the varying levels of strength of research for education products.

The categories for ESSA Evidence are: strong, moderate, and promising evidence of effectiveness, or demonstrates a rationale to be effective.

This study meets the requirements for Level 4: Demonstrates a Rationale

- ✓ Includes a logic model based on research
- ✓ Research documentation connects academic research studies to features in the product that support learning
- ✓ A study is planned and/or currently underway
- ✓ A third-party research organization has reviewed the documentation for ESSA validation



When product designers leverage learning sciences to design their products, educators can better target instruction, and students' skills soar. Through interviews with the product designers, an evaluation of their research-informed activities, and an investigation of student feedback, this product meets the criteria for LXD Research's ESSA Level 4 Evidence.

– Rachel Schechter, Ph.D., Founder of LXD Research

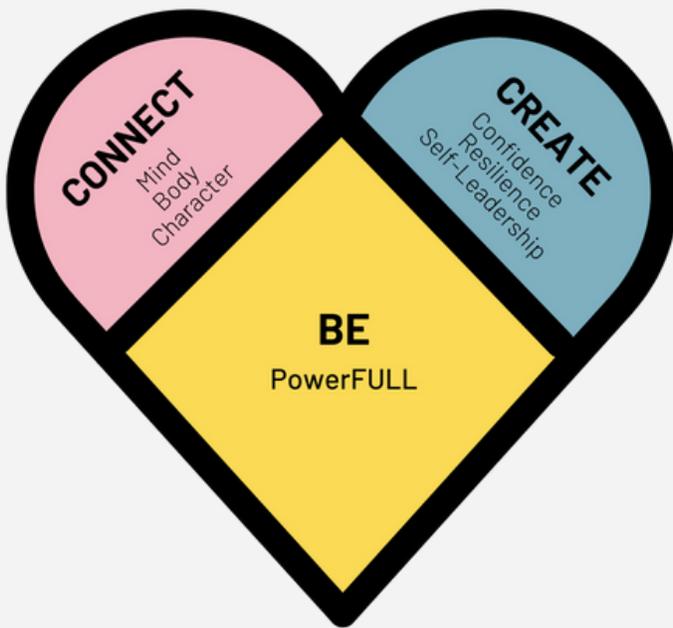
What We Do

Live Big trains counselors, teachers and mental health staff to work with students in grades 4-12 on building confidence, resilience, and self-leadership skills.

1 Staff training: On-demand training platform & in-person Professional development

2 Research-based resources: No-prep lesson guides, student worksheets & impact measurement framework

3 Ongoing support: Staff monthly coaching and implementation consulting for district leaders



Live Big Philosophy

CONNECT

Live Big programs empower adolescents to connect with their Mind, Body & Character

CREATE

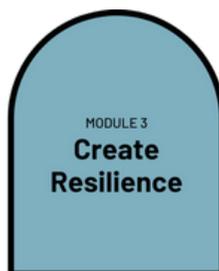
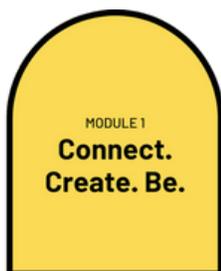
Adolescents learn how to create Confidence, Resilience, & Self-Leadership Skills

BE

Filled with unlimited possibilities, adolescents can show up as PowerFULL in their lives

Core Curriculum

The Core Curriculum is made up of 5 modules, each of which has 5 individual sessions (25 sessions total). Programs are founded on three growth pillars: Self-Observation, Self-Affirmation, and Self-Regulation. Sessions can be delivered in 25-40 minutes, depending on the needs of the students, staff, and school logistics.



Live Big Community Summary of Research Basis

Empowering Adolescents for Success: The Transformational Power of Live Big

In a world filled with complexities and challenges, empowering adolescents to embrace their full potential is of utmost importance. Adolescents face a unique combination of social, developmental, and biological challenges that disrupt their lives in very real ways (Johnson, Roberts & Worrell, 1999; Papadakis et al., 2006). We know that unless we offer support that speaks directly to their experiences, with compassion and respect, the crisis will only get worse. That's why Live Big is dedicated to meeting adolescents where they are, offering them the skills and resources they need to become confident, resilient leaders of their own lives. Behavior change research shows that increases in adolescents' interpersonal development are most likely to occur in a caring, supportive, responsive, and developmentally rich interpersonal environment (Mann, 2013), and school-based programs are effective at building emotional and social competencies in adolescents (Green et al., 2021). Live Big programs weave together a broad range of methodologies and research in the areas of nervous system regulation, somatics (mind-body connection), internal parts work, various psychotherapy modalities, behavior change, and mindfulness in order to provide this rich environment that adolescents so desperately need.

Confidence, resilience, and self-leadership are three essential qualities that can not only empower adolescents to overcome challenges, but also enable them to pursue their dreams and thrive in today's complex world. We reframe resilience as the ability to cope with stress from within by connecting to your self, rather than mental "toughness" or pushing through. This personal strengths-based approach enables adolescents to overcome challenging circumstances and enjoy a richer quality of life (Kumar & Mohideen, 2021). With the focus on this new definition of resilience, adolescents are able to be present in the moment and respond rather than react, thus exhibiting emotional flexibility (Jordan, 2023). We also redefine confidence in a way that focuses on adolescents knowing who they are and believing in their capability and possibility.

"As educators, leaders, and human beings, we have not just an opportunity, but a duty. That duty is to use all of the resources at our disposal to turn the tide on the mental health crisis and give our students the opportunity to transform."

Lex Moschakis,
Co-Founder & Chief
Executive Officer



We support them in understanding what it means to have the most confidence and to create this confidence no matter the situation. Furthermore, as a result of our reimagining of self-leadership, adolescents are able to connect to themselves to break patterns of automatically reacting to challenging situations and instead choose their own response to challenging situations. By identifying how the Voice of the Small shows up in life's challenges, they are able to be self leaders by choosing a response that serves them, rather than relying on impulsive decision making which often results in negative behaviors (Brown et al., 2012). Through the Live Big Core Curriculum, adolescents will engage in skill building in the areas of confidence, resilience and self-leadership centered around three growth pillars: Self-Observation, Self-Affirmation, and Self-Regulation.



Self-Observation

All development begins with the ability to observe the Self. To connect with their Body, Mind, and Character, girls must first notice and appreciate their Self's existence.



Self-Affirmation

A strengthened sense of Self (knowing who you are and your value in this world) helps girls make choices that serve them and navigate and respond to challenges.



Self-Regulation

The ability to self-regulate allows girls to process and respond to what's happening in their life in a way that supports rather than overwhelms them.

The Power of Self-Observation

We believe that all development begins with the ability to observe the Self. In order for adolescents to connect with their body, mind, and character, they must first notice and appreciate their Self's existence. By becoming observers of their own minds and their thoughts, feelings, and actions, adolescents can recognize their strengths and areas in which they can grow. The Self can be harnessed for self-regulation and become an important source of intrinsic motivation (Pfeifer & Berkman, 2018). Self-observation involves practicing introspection and self-awareness. Done effectively, self-observation provides students with the ability to:

- **Embrace individuality:** Students understand that it's perfectly acceptable to be unique, to stand out, and to be true to oneself. Each student is encouraged to celebrate what makes them special and to be proud of it.
- **Identify triggers:** Students learn to recognize the factors that evoke various emotions or reactions within them. This awareness empowers them to manage their responses effectively, which is essential in maintaining emotional balance in the face of challenges.
- **Set meaningful goals:** By analyzing their strengths and areas for growth, students can establish achievable objectives that align with their values and aspirations. This skill not only helps students develop a clear sense of purpose but also equips them with the motivation and determination to pursue their dreams.

"It's one thing to tell kids, "You can do hard things." It's quite another to empower them with the belief and skills to do those hard things. We created Live Big because we believe that the next generation can transform the world with the power that already lives inside them. Our curriculum helps students discover and connect to their power through self-observation, self-affirmation, and self-regulation."

**Breean Elyse Miller,
Co-Founder & Chief
Experience Officer**



Self-Affirmation

We believe that a strengthened sense of Self leads to the ability for adolescents to make choices that serve them well, allowing them to confidently navigate and respond to life's challenges. When adolescents affirm their worth, capabilities, and potential, they build a solid foundation for self-leadership. They are able to silence the self-doubt and limiting beliefs that often creep in during difficult times and replace them with self-assuredness and a positive outlook. Furthermore, self-affirmation broadens adolescents' conception of self, rendering specific threats less dire (Critcher & Dunning, 2015) and less likely to destabilize psychological functioning (Binning et al., 2021). This growth pillar is not just about self-praise; it's also about nurturing a genuine belief in oneself. Live Big teaches adolescents that they are their greatest allies, and by affirming their strengths and abilities, they become better equipped to handle life's hurdles.

Self-Regulation

We believe that developing a strong ability to self-regulate allows adolescents to process and respond to what is happening in their lives in a way that supports rather than overwhelms them. We know that self-regulation becomes more challenging as children become teenagers, and setbacks in pursuing personal goals are likely to be more frequent and have greater immediate and longer term consequences (Papadakis et al., 2006; West et al., 2000). Through the Live Big program, students learn the essential skills of emotional and physiological self-regulation. They gain insight into their emotional responses, learning how to manage them effectively. This skill helps them maintain their composure in challenging situations, think clearly, and make sound decisions. Self-regulation extends beyond emotions to include managing time, setting boundaries, and developing a healthy work-life balance. As students learn physiological self-regulation, they learn to locate where they store stress and anxiety in their body and practice releasing it through body scanning, visualization, and movement. These skills help students avoid burnout, grow resilience, and maintain a sense of self-leadership.

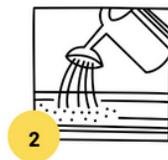
Conclusion

In today's complex world, fostering the qualities of confidence, resilience, and self-leadership in adolescents is imperative. Live Big's innovative approach, anchored in the three growth pillars of Self-Observation, Self-Affirmation, and Self-Regulation, empowers students to embark on a transformative journey toward becoming their best selves. By celebrating their uniqueness, affirming their worth, and mastering self-regulation, students are equipped with the tools they need to overcome challenges, pursue their dreams, and ultimately thrive in a world filled with complexities and opportunities. Through Live Big, the future is brighter for the adolescents who will lead it.

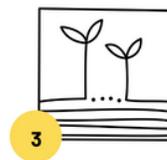
Getting Started with Live Big



We meet with leaders to learn about staff, student and district unique needs and design a pilot



We assess pilot feedback, implement learnings and launch staff training



Trained staff begin Live Big programs with students and continue training



We provide ongoing support to district leaders and monthly coaching calls to trained staff for lasting change

Logic Model for Live Big Community

PROBLEM STATEMENT

The mental health crisis among adolescents is a pressing issue that demands attention and comprehensive solutions. Adolescents are experiencing a surge in mental health challenges, encompassing conditions such as anxiety, depression, self-esteem issues, and self-harm behaviors. This crisis is exacerbated by societal, academic, and familial pressures, as well as the enduring stigma surrounding mental health issues. The lack of accessible and gender-sensitive mental health resources further compounds the problem, leading to negative consequences for overall well-being among adolescents. Live Big programs empower adolescents to connect with their mind, body, and character, meeting them where they are and providing them with the skills to become confident and resilient leaders of their own lives.

RESOURCES

What resources are or could be available?

- Dedicated time for self-observation, self-affirmation, and self-regulation (Three Growth Pillars)
- Expert-developed learning content in the form of 5 modules delivered flexibly over 25 lessons
- Live Big Core Curriculum: a structured, approach to building resilience, self-esteem and confidence in adolescent students
- Training materials and ongoing support to help trained staff incorporate the Live Big Curriculum into programs and support student learning

STRATEGIES & ACTIVITIES

What will the activities, events, and such be?

- Students engage with the materials through the Core Curriculum of 25 sessions across five modules:
 - Module 1. Connect. Create. Be.
 - Module 2. Create Confidence
 - Module 3. Create Resilience
 - Module 4. Create Self-Leadership
 - Module 5. Be PowerFULL
- Problem-based learning activities that helps students apply Growth Pillars to real-world scenarios
- Practice activities for connecting to Self (Mind, Body, and Character), such as mindfulness and grounding the body in guided reflection
- Trained staff access to materials aligned with the curriculum on the topics they need when they need them
- Student pre, post and delayed self-assessments to measure learning outcomes

OUTPUTS

What are the initial products of these activities?

- The Live Big experience allows students to learn the components of resilience, self-esteem, and confidence by reflecting on their own internal strengths and abilities
- Students learn to connect to and celebrate the essence of who they are (their "character")
- Students gain awareness of the principles of self-regulation and self-leadership
- Students build understanding of where stress lives within their bodies and engage in body relaxation techniques
- Students increase in awareness of their self-worth
- Students learn to identify the "Voice of Small" and strategies to reduce its power
- Students become more comfortable in their bodies and present in the moment
- Students start to identify their Limiting Beliefs holding them back and reframe them into Big Beliefs that are supportive of the lives they want to live

SHORT-TERM AND INTERMEDIATE OUTCOMES AND IMPACTS

- Students improve self-worth and increase their belief that they can manage stress and challenging situations
- Students transfer the skills they learn to building confidence, resilience, and self-esteem
- Students develop an ability to self-regulate and self-lead so they can choose how they respond instead of reacting on "autopilot"
- Students increase their confidence in their current abilities and what is possible for them in the future
- Students are less likely to engage in, believe, and make choices based on negative self-talk and limiting beliefs
- Students identify the "Voice of Small" and reduce its power more often
- Trained staff become more competent and confident in supporting students with connecting to themselves to support their individual growth

LONG-TERM OUTCOMES AND IMPACTS

- Students confidently tackle limiting beliefs and negative self-talk
- Students develop a lifelong love of themselves and in turn build positive relationships with others
- Students achieve their desired goals and pursue their passions in life
- Students gain economic and social benefits of having strong self-regulation and self-leadership skills, such as reducing drop-out rate and increasing employment opportunities
- Students increase their access to opportunities through increased confidence and self-worth
- Students learn to create confidence, resilience, and self-leadership skills

ASSUMPTIONS

- Administrators allow full implementation of the Live Big Curriculum
- Administrators allow trained staff time to engage students in the Live Big Curriculum
- Self-confidence, self-regulation, and self-leadership work is integrated and aligned with the curriculum and is not an isolated experience

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LXD Research is an independent research firm that evaluates educational programs with ESSA-aligned methods.

Learn more at www.lxdresearch.com

For additional information about **Live Big Community** visit:

www.livebig.community