

Drawing and Talking Therapy

Intent

At River View Primary School, we use Drawing and Talking Therapy to support children's emotional wellbeing, resilience and mental health. We recognise that some children may experience difficulties expressing thoughts, feelings and experiences verbally and may require a safe and supportive approach to help them process emotions and develop emotional understanding.

Drawing and Talking Therapy provides children with a non-intrusive therapeutic intervention that uses drawing as a means of communication and self-expression. Through a structured programme of sessions with a trained practitioner, children are provided with opportunities to explore feelings, experiences and worries within a safe, predictable and trusting environment.

The intervention aims to support emotional regulation, increase self-awareness, improve self-esteem and develop resilience. By helping children process difficult experiences and build emotional understanding, we seek to reduce barriers to learning and support positive emotional wellbeing, enabling children to participate more successfully in school life.

Implementation

Drawing and Talking Therapy is delivered through individual sessions by a trained practitioner following the recognised Drawing and Talking Therapy model. Sessions take place in a calm, safe and consistent environment where children are encouraged to create drawings and engage in therapeutic discussion at their own pace.

The intervention is child-centred and follows a structured process that enables children to explore thoughts and feelings through symbolism, creativity and reflection. Practitioners provide a supportive and non-judgemental space whilst maintaining appropriate therapeutic boundaries and consistency.

Sessions are typically delivered weekly over a sustained period to allow trust, confidence and emotional development to build over time.

Principle	Purpose	Examples in Practice	Expected Outcome
Safe Therapeutic Relationship	Develop trust and emotional safety	Consistent practitioner and environment	Increased confidence and engagement
Creative Expression	Support emotional communication	Drawing feelings, experiences and ideas	Improved emotional expression
Reflection and Discussion	Develop emotional understanding	Therapeutic conversations around drawings	Increased self-awareness
Child-Led Approach	Promote ownership and confidence	Child chooses themes and content	Increased emotional resilience
Consistency and Routine	Create predictability and security	Weekly sessions following a familiar structure	Improved emotional regulation

Impact

Children will demonstrate increased confidence in expressing thoughts, feelings and experiences. Through regular therapeutic sessions, pupils will develop improved emotional literacy, self-awareness and understanding of their emotions.

As emotional understanding develops, children will demonstrate increased resilience, improved emotional regulation and greater confidence when faced with challenges. Staff may observe reduced anxiety, increased engagement in learning, improved relationships with peers and adults and greater emotional stability within the school environment.

Drawing and Talking Therapy supports children to process emotions and experiences in a safe and supportive way, contributing to improved wellbeing, positive mental health and increased readiness to learn. Ultimately, the intervention aims to help children feel safe, understood and emotionally equipped to access both learning and social opportunities successfully.