



# Drawing and Talking

## Supporting Children's Emotional Wellbeing

At our school, we use Drawing and Talking as part of our support for children's emotional wellbeing. This gentle, child centred approach helps pupils process feelings and experiences that they may not yet have the words for.

### What is Drawing and Talking?

Drawing and Talking is a therapeutic technique where a child meets regularly with a trained adult and draws while talking about their picture in their own way and at their own pace. It is not about assessing the artwork or directing the conversation; instead, it gives the child a safe and predictable space to explore emotions through play and creativity

### How does Drawing and Talking support wellbeing?



The process helps children to:

- make sense of big feelings in a gentle, non-intrusive way
- feel emotionally safe with a trusted adult
- build confidence and emotional resilience
- improve concentration and readiness to learn
- develop healthier coping strategies

Children often describe sessions as calming and enjoyable because they feel in control of what they choose to share.

### How are parents involved?

- Before sessions begin, we will talk to you about why this approach may benefit your child. While the content of the sessions remains confidential to protect the child's emotional safety, we will always let you know:
- how your child is getting on generally
- any themes such as improved confidence or regulation
- when the programme is complete
- You can support your child at home by offering praise, calm listening, and predictable routines.



### Why might this help my child?

Children often express their feelings through play and drawing long before they can explain them verbally. Drawing and Talking can support children who:

- have experienced worry, stress, or change
- struggle to talk about their feelings
- find it hard to regulate emotions
- show signs of anxiety, withdrawn behaviour, or anger
- may have experienced trauma or loss

This approach helps children to feel heard, understood, and calmer.



### What does a session involve?

- A regular, weekly meeting (usually 20–30 minutes)
- A quiet, private space
- The child draws freely while talking (if they choose to)
- The adult follows the child's lead, without analysing or correcting
- The same adult each week to build trust and consistency

Everything shared is treated sensitively and respectfully.

