Theraputic and Sensory Art

Homework Tips Checklist for Parents

# Overview

Therapeutic and Sensory art are sessions which involve creative activities such as drawing, 3D modelling, music or dance.

Therapeutic and Sensory art may help if you find it difficult to put your thoughts and feelings into words. They may also help with addressing painful feelings or experiences.

# Aims and outcomes

* Opportunities to communicate thoughts and feelings that you find difficult to put into words
* Help you make sense of things and understand yourself better
* Give you a safe time and place with someone who won't judge you
* Help you find new ways to look at problems or difficult situations
* Help you to talk about complicated feelings or difficult experiences
* Give you a chance to connect with other people

# Activities/structure

Part 1: Engaging activities which stimulate the brain e.g. bilateral drawings, follow the leader, mirroring

Part 2: pupil led art making – provide pupils with a range of different art materials including musical instruments, clay, pens pencil and collage. Allow pupils time to create artwork

Part 3: Calming and reflective – talk about the images or art process – how does it make us feel?

# Monitioring

Pupils work 1:1 with a familiar member of staff or in a small group

Sessions should take place weekly and aim to be at the same time each week to allow a familiar routine to build

At the ned of 6 weeks review all artwork made, compare and contrast changes

Staff should monitor engagement throughout the session e.g video and photos where appropriate

Record of engagement in relation different activities should be recorded to build up a sensory profile

Pupil progress and engagement to be reviewed on a termly basis.