

Social and Emotional Programs

These programs help students:

- ❖ Feel connected and build confidence
- ❖ Increase positive engagement
- ❖ Build resilience and enhance wellbeing
- ❖ Process and express difficult feelings
- ❖ Address challenge behaviours
- ❖ Achieve best possible learning outcomes
- ❖ Provide inclusive expression of cultural diversity
- ❖ Develop communication and problem-solving skills



Sakura

Delivering an evidence-based psychoeducational program underpinned by Cognitive Behavioural Therapy to enable children to build resilience and coping mechanisms, particularly for the transition from primary school to high school.



Gift of Galang

The aim of the program is to supports the students managing their emotions and equip them with tools and strategies to help them face any adversities and obstacles. Keeping a strong cultural focus is a deliberate strategy to complimenting the ongoing long-term wellbeing of our children and future First Nation leaders.



Individual Expressive Therapy

it uses creativity as a means of self-expression that improves a child's physical, cognitive, mental and emotional well-being and encourages children to develop their thoughts and feelings when engaging in art making. Its emphasis is on the process of creating, rather than the end product. A student gets to use music, art, drama and play to look and learn about themselves, their relationships, feelings and how to deal with adversity.



Whole school social emotional program

The aim of this program to support student's self-awareness and social and emotional well-being. Each class has the opportunity to participate in a creative activity tailored to identifying their strengths whilst also recognising strengths in others. The goal by the end of the session is for students to have insight into their own emotional intelligence and to also equip teachers with the ability to continue to further support students in this space.

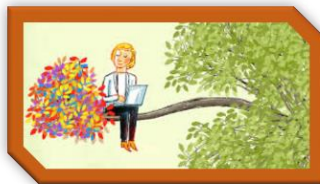


Branching Out

The aim of this group, for Year 5 girls, is to use concrete images from nature such as trees and the seasons to assist students to think about their strengths and how to utilise them in difficult times and transitions. Provide them a space that is safe, non-threatening, confidential environment. This will be done by engaging with art materials to produce a piece of work that will represent their strengths and support systems.

Branch Out Further

An extension of the Branching Out Program where the students learn to consolidate the tools they have learnt as they are transitioning into high school. This program also aims to increase their self-awareness by challenging their thinking around negative self-talk and experiences.



Branching Out – A creative Arts strength based program

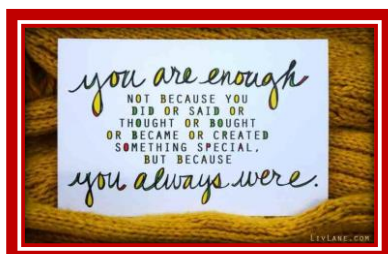
C.U.P.S – Prep Program

Creative Understanding Proactive Solutions. An early year's social emotional experience incorporating the 8 senses and the zones of regulation model. This is to equip Prep students in the aim to increase their emotional literacy and gain tools for emotional regulation.



You are Enough

This is a 6-week, strengths-based art therapy program that aims to address the socioemotional wellbeing of year 6 girls through a combination of psychoeducation and artmaking. The focus of this program is to improve the students' self-concept, increase their sense of belonging and support their self-esteem. Throughout the program, the students have the opportunity to decorate a canvas using a variety of art materials based on their experience of the core themes explored. This program is centred around helping students to develop tools to cope with change, such as their transition from primary to high school.



Drama (unmasked) therapy Program

The aim of this group is for referred year 6 boys to explore their identity and the ways in which it is shaped by their culture, family and friends, with the goal of developing self-awareness around their strengths and personal values. This is achieved through the use of storytelling and dramatic play. This program aims to support particular students who are having social challenges and difficulty understanding their own values and personal worth.



smART Lunch Program

ART Studio

Open studio art program separated into year levels, providing a fun, social, and safe space for students to engage in creativity at lunchtime.

ART Connect

A closed studio group that consists of students who have previously had art therapy sessions, and are now having access to ongoing support through making art with a small number of their friends, in a safe and supportive space, at lunchtimes.

