

## Using Drawing, Talking, Stories and Puppets with children

For what age?	At what level?
<b>Primary School</b> <b>Possibly for individual work with Secondary students</b>	These interventions can be delivered as a group intervention or 1:1, especially for those pupils who find it difficult to talk about their own feelings.

### How can schools help?

- Providing sensitive and attuned adults with ideas and resources to use with children, to help them deal with difficult feelings.
- Understanding how using puppets and drawing can help children; having staff who are trained in 'Drawing and Talking'.

### How do these interventions help children?

- The child is able to relate to his/her picture without having to admit to their problems.
- The child is able to talk in a quiet, safe, trusting environment.
- The use of a puppet was very helpful in comforting a teenage girl, a Year 6 boy and a Year 2 boy – all of whom had major problems dealing with difficult emotions and events happening in their lives.

### How do we know it works?

- It works some of the time, but more often than not it is the relationship the child has with the adult that is the most important factor.
- Evaluations from the TaMHS project in Northamptonshire 2009-2011 indicate that Drawing & Talking works very well for some children.
- In 1:1 work carried out by the Education Officer for Mental Health in Northamptonshire, the majority of children engage with either drawing and talking, stories or puppets or any combination.

*Half way through a story I was reading to a child, 'The Boy who Built a Wall around Himself,' he stated that this story was about him.*

### How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

[tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk) or by speaking to your Link Educational Psychologist