

Drawing and Talking

For what age?	At what level?
All ages	All levels.

What is drawing and talking?

It is a safe way for a child to work 1:1 with an adult for 20 to 30 minutes per week. The child draws what they like and talks about what they draw. A usual set of sessions would last for twelve weeks. It is particularly useful for children who have underlying emotional or behavioural problems that do not appear to have been helped by other interventions.

How does it help children?

- Children feel more able to talk about their pictures than about their problems.
- It gives the child time and space with an empathetic adult.
- It provides an outlet for the child's feelings and they can take risks in what they draw.
- Their behaviour improves, but there are no guarantees!

How do we know it works?

Evidence from the Northamptonshire TaMHS Project and from other Education authorities would suggest that many individual children have been helped by using this method. Children that have worked with in Northamptonshire have improved significantly in their behaviour and ability to access school. Evidence can be found on the Northamptonshire Shoebox web pages in the TaMHS Report.

What do children say?

Thank you John, it really helped (this 9 year old child made a card for the worker)

The sessions made me more social.

I would never have been able to talk about my problems, so this was easy for me.

How can I access training in Drawing and Talking?

To access centralised training in both Foundation and Advance levels, please visit:

- [LGSS I Learn booking website](#)

What do teachers and parents say?

Let the child do the talking and listen without judgement.

He appears considerably calmer and more considerate at home.

It led to big changes with the children and they were easier to manage in the classroom.

It worked well for a Polish boy who spoke very little English.