



FEELING THE WAVE

Art Therapy Group Program for Primary Schools

Program Overview

Feeling the Wave is a creative art therapy program designed to support the wellbeing of primary school students. Using the inspiration of the sea and its fascinating creatures, children explore their inner world in a safe, engaging, and imaginative way.

Through artmaking, sensory exploration, and storytelling, students learn how to understand their emotions, regulate their responses, strengthen relationships, and build resilience. The program incorporates evidence-based approaches to support behaviour, improve self-concept, and encourage positive learning dispositions.

Why Art Therapy in Schools?

Primary school children often face challenges that can show up in their learning and behaviour. Art therapy helps children:

- Express and explore their emotions in safe ways
- Develop self-awareness and interoception
- Strengthen problem-solving and social skills
- Build confidence and resilience
- Experience a greater sense of belonging and wellbeing

Program Themes

Each week students explore a theme connected to sea creatures and their unique qualities:

1. **I know my body** – exploring senses and friendships with the Octopus
2. **I feel balanced** – mindful breathing and resilience with the Pufferfish
3. **I trust myself** – understanding emotions with the Dolphin
4. **I feel in control** – self-regulation with the Starfish
5. **I feel safe** – protection and comfort with the Clam
6. **I have courage and confidence** – strengths and identity with the Sea Monster
7. **I can do hard things** – resilience with the Crab
8. **I feel whole** – celebration and belonging with the Seahorse

Each session includes a warm-up, main creative process, and group reflection. Art materials vary weekly and include clay, pastels, collage, paint, and mixed media.



Structure and Delivery

- **Format:** One-hour group session
- **Group Size:** Maximum of 8 students
- **Location:** On-site at schools (program tailored to each setting)
- **Cost:** \$270 per hour (ex GST), inclusive of art materials and travel time
- **Facilitator:** A qualified art therapist with experience supporting children's emotional and social development

Outcomes

By the end of the program, children will:

- Identify and use personal strengths
- Develop emotional awareness and self-regulation strategies
- Strengthen social connections and a sense of belonging
- Build resilience and confidence to face everyday challenges

Enquiries

Many schools have already found *Feeling the Wave* to be a valuable program for vulnerable and resilient learners alike. Schools are welcome to contact us to hear directly from those who have experienced its impact.

For more information or to discuss how *Feeling the Wave* can support your students, please contact:

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