



SCHOOLS

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**GET IN TOUCH.
TODAY.**

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**SUPPORTING
PUPILS
IN SCHOOL
TO ADAPT
LEARN
& THRIVE**



WHY ARTS THERAPY?

Arts therapies interventions develop a nurturing relationship by creating a safe space to explore fears, discover strengths and build resilience.

Through our work in schools, pupils have experienced a range of benefits including:
Feeling better equipped emotionally to deal with personal challenges, increased emotional regulation skills, and reduced anxiety and depression.

SPIRAL SCHOOLS

We work closely with teachers to identify individual needs.

We operate within the school framework, developing and encouraging social and emotional literacy to support pupils develop skills for life through individualised and responsive sessions and interventions. Our tailored Programme of Arts Therapy sessions enables pupils to re-engage with learning, reduce confrontation and build emotional intelligence and understanding.



“All pupils that we put forward for this work benefited in ways and returns from pupils, staff and family members indicated improvements in the pupils’ abilities to manage their emotions. I would not hesitate to recommend this service as a supplementary support in a school’s health and wellbeing curriculum.”

**HEADTEACHER,
GLASGOW**