

Sand Therapy

We deliver Sand Therapy at our school by trained members of our Wellbeing Team. If you would like more information about this therapy please speak to a member of the team.

Sand tray therapy can be beneficial to people of any age. However, it can be particularly helpful for children with developmental difficulties, children with relational issues and those whose first language isn't English.

Sand tray therapy creates a safe environment and can allow children to express emotional issues that they find difficult to put into words. For example, it may be easier for a child who has experienced a traumatic event to communicate their trauma through objects rather than explain the trauma verbally.

People don't just think in words, we also think in images. Parts of the unconscious are often projected onto the objects used in the sand tray, bringing the unconscious into conscious awareness.

These reflections give the opportunity to gain self-awareness, resolve conflicts and challenge any obstacles.

