



## DRAW & TALK

### What is Draw & Talk ?

Draw & Talk is a gentle, therapeutic approach used at Hamilton School to support students with social, emotional and mental health needs. Led by Miss Harris, who has over 20 years experience of teaching and working with young people, it allows individuals to express thoughts and feelings through drawing rather than relying on words.



### What does a session look like?

Sessions are run one-to-one with Miss Harris, in a calm, familiar space. Students are invited to draw freely, with gentle prompts if needed, but there is no pressure to talk. The consistent routine and trusted relationship help students feel safe, and over time many begin to share and open up at their own pace.

### How does it help students with their wellbeing?

Many of our students experience anxiety, frustration, or past trauma that affects their behaviour and learning. Draw & Talk provides a safe, structured outlet to process these feelings. With consistent support during these sessions along with the other therapies and nurturing environment Hamilton School offers, students often become calmer, more confident, and better able to regulate emotions and engage positively in school.