

ARTS THERAPY WELLBEING WORKSHOP

with JANEL GIBSON

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Key Learnings

Arts Therapy Wellbeing Sessions are offered weekly for each class.
Each session lasts approximately 60 minutes.

Key Outcomes:

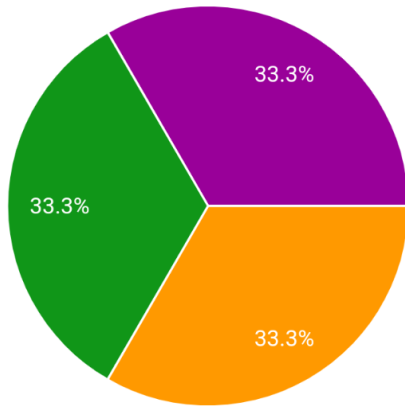
1. Engage in creative arts therapy approaches.
2. Build emotional literacy.
3. Learn self regulation techniques.
4. Develop confidence and connection.

Session Content Included:

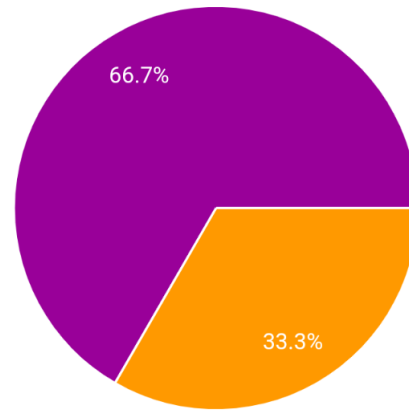
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- Graffiti Wall
 - Emoji Emotions
 - Window of Tolerance
 - Body Scan/Map
 - Positive/Helpful Thoughts
 - Garden of Supports
 - Parts of Me Masks
 - Waves of Emotions
 - Helping Hands
 - Magic Emotions Bus
 - Travelling Bus
 - Change Places If
 - Clap 1, 2,3
 - Balloon Breathes
 - Box Breathes
 - Scribble Drawing
 - 5 Senses
 - Breathing with Movement
 - Rubber Chicken
 - Movement to Music

Teacher Feedback

Student Engagement

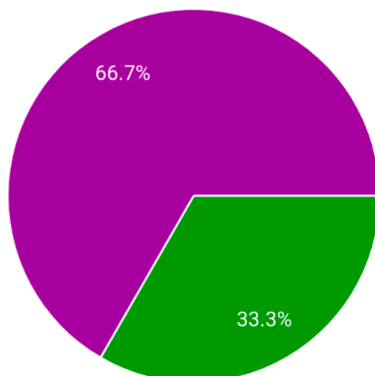


Session Content



- Poor
- Fair
- Good
- Very Good
- Excellent

How likely are you to recommend this program?



- 1 - Not at all
- 2
- 3 - Indifferent
- 4
- 5 - Very Likely

100%

Consistently or nearly consistently observed the students engaged in **creative arts therapy** approaches.

100%

Consistently observed the students **build emotional literacy.**

100%

Consistently or nearly consistently observed the students **learn self regulation techniques.**

100%

Rated consistently or almost consistently observing students develop **confidence and connection**

Student Feedback



87.7%

Learnt more about sharing their emotions.

82.7%

Learnt how to feel calm.

85.2%

Enjoyed the sessions.

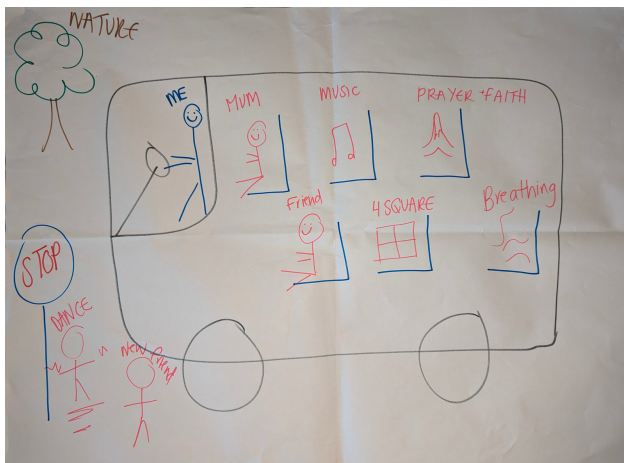
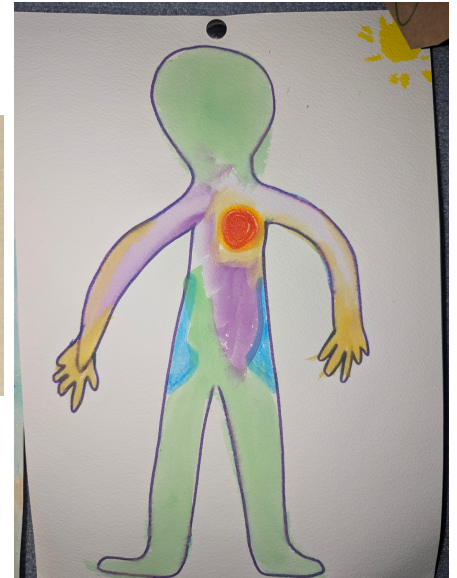
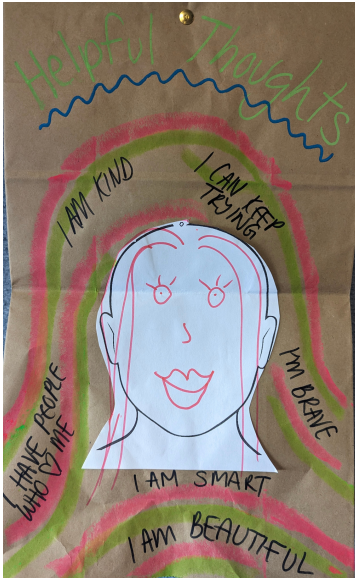
92.6%

Think other students should participate in the sessions.

Of those who answered 'No' to key learnings, most still recommended the program to other students.

Examples of Art

Please Note: This art was created by Janel Gibson.



Reference

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