Programme

Creative interventions with traumatized primary school children

Day 1

8h30-8h45 Orientation

8h45-9h30 Important aspects when assisting the primary school child

 Goals when intervening with traumatized children

 The primary school child in shutdown

 Phase 1: Assessment of the traumatized primary school child

 (questionnaires)

9h30-10h30 Family play genogram

 Social atom genogram

 People in my world (practical experiential exercise and discussion

 In breakout rooms

10h30-11h00 Tea break

11h00-12h00 Draw a story

 Human figure drawing

 Body scan (practical exercise and share in breakout rooms)

12h00-13h00 Colour your feelings (video)

 House/tree/person drawing

 Bird’s nest

13h00-14h00 Lunch break

14h00-15h00 Phase two: theoretical orientation

 Breathing exercise (practical)

 Two-way scribble

 Pendulation

 Mirror exercise

 Singing as self-talk (group exercise)

 Mindfulness video

15h00-15h15 Coffee break

15h15- 16h00 Strength-tree (practical experiential exercise and share

 in break out groups)

Day 2

8h30-9h00 Phase 3: Working phase

 Life’s ups and downs

 Clearing a space

9h00-9h45 Draw a picture of the hurt/worry and indicate on annexure 6 how

 big/small the worry is (share in breakout groups)

 Show me what happened and how my body reacted

9h45-10h30 Create a worry box and worry notes and share in breakout rooms

10h30-11h00 Tea break

11h00-12h00 Incomplete sentences

 Collage

 Metaphors

 Safe environment project

 Working through childhood grief and bereavement

 Video on bereavement

12h00-13h00 Finger painting

 Feelings on gingerbread cut-outs

 My story

 Letter writing

 Grief box and collage

 Wall around your heart technique

13h00-14h00 Lunch break

14h00-15h00 Body scan, body maps, body maps and cut-outs

 Clay play

 Jenga

 Serial drawing

 Moving stories

15h00-15h15 Coffee break

15h15-15h45 Phase 4: From victim to thriver

 Out of the ashes

 Growing garden – experiential exercise, painting and sharing in

 breakout rooms

15h45-16h00 Evaluation and termination