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