PRIMARY WELLBEING C.I.C

PLAY THERAPY IN SCHOOL

Play therapy helps children express emotions, process experiences, and develop coping skills through play.

Having a play therapist in school supports emotional wellbeing, improves behaviour, and enhances learning by addressing issues early in a safe, child-friendly environment.





Why Choose us?

- Reduced anxiety related school avoidance
- Encourages Emotional Expression
- Reduces Stress & Anxiety
- Enhances Social Skills
- Boosts Confidence & Self-Esteem
- Improves relationships with school staff

CONTACT US

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WHY PLAY THERAPY IN SCHOOLS MATTERS



Play therapy offers a safe space for children to explore emotions, build resilience, and develop healthy coping strategies through play. It supports emotional wellbeing, improves behaviour, and enhances engagement in learning.

Our service fits seamlessly into the school term, with weekly sessions scheduled to minimise disruption and maintain consistency. By addressing emotional needs early, we help children thrive—while also easing pressure on teaching and pastoral staff.

We align with Nottinghamshire's ATTEND framework, particularly the pillars of Readiness and Relationships, by helping children feel emotionally safe, build trust, and be ready to attend and engage in school life.

If you would like to read more about our Play Therapy offer or look into the other services we have available, follow the QR code below

PRIMARY WELLBEING C.I.C

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