

The Strengths and Difficulties Questionnaire (SDQ) helps us understand how a child is feeling and coping day to day. It highlights areas of strength as well as the things they may be finding more difficult, giving both home and school a clear picture of their emotional and behavioural needs.

The SDQ analysis

The summary below reflects the changes seen after 12 Drawing and Talking sessions:



Emotional Problems:

From slightly raised ↓ to average



Reactions & Frustrations:

↓ from VERY high to slightly raised



Peer Problems:

↓ from VERY high to slightly raised



Impact:

Reduced from VERY high  to high

CASE STUDY

NOVEMBER 2025

After 12 Drawing & Talking Sessions:

one- to-one



30 minutes



same time



same day

same place



😊 Positive outcomes

Over the 12 weeks, staff have noticed reassuring positive changes. Although there were initial worries about the transition into a new year group and his distractibility in class, he is now settling more calmly and staying focused for longer. This means he is less disruptive and more able to engage in learning.

While friendships can still be tricky at times, he is joining in more often and there has been emotional progress, and the overall impact on his day-to-day life has eased.

These changes show that having a safe, consistent space each week has helped him process his feelings and build emotional confidence. The 'Drawing and Talking' structure provided a strong foundation for continued support both at home and in school.

Drawing at the
of healing



heartfelt
THERAPY