

The Strengths and Difficulties Questionnaire (SDQ) helps us understand how a child is feeling and coping both at home and at school.

The SDQ analysis



The summary below highlights the positive changes observed following a course of Drawing & Talking Therapy.



Emotional Wellbeing:

Reduced emotional distress and improved day-to-day wellbeing.



Confidence and Relationships:

Greater confidence in engaging with peers and trusted adults.



Emotional Regulation:

Clamer responses to everyday challenges and increased emotional resilience.



Positive outcomes

Over the course of the programme, school staff observed encouraging emotional progress. The child appeared happier, more settled and better able to manage feelings within the school environment.

Whilst attention and concentration continued to require

support, the emotional progress provided a stronger foundation for learning, relationships and future wellbeing.

Having a safe, consistent space each week helped build trust, confidence and emotional resilience, supporting a positive transition into the next stage of education.

CASE STUDY

JULY 2026

Supporting Emotional Wellbeing During School Transition

one- to-one



30 minutes



same time



same day

same place



Drawing at the
of healing



heartfelt
THERAPY