

Family Mental Fitness North East Programme Overview



Sandplay Therapy – Small Group

EYFS	KS1	KS2	KS3	FAMILIES
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Sandplay Therapy in small groups creates a nurturing space for up to 4 children to process emotional experiences through symbolic play using sand trays and miniature figures. Each child is supported individually within the group setting, offering therapeutic benefit alongside gentle connection with peers. Group sandplay is ideal for children who may benefit from co-regulation and shared emotional exploration without the pressure of verbal expression.

Purpose

To provide a safe, non-verbal therapeutic experience for children in a small group format, allowing symbolic expression of internal experiences while also learning from the presence of others. Ideal for supporting emotional development, attachment repair, and trauma recovery.

Impact

- Builds trust, emotional safety, and symbolic expression through sandplay
- Encourages co-regulation and gentle awareness of others
- Helps children explore feelings of connection, isolation, grief, and resilience
- Supports emotional release and reflection in a non-verbal, developmentally appropriate way

Outcomes

- Greater emotional literacy and symbolic expression
- Reduced internal anxiety and improved capacity to self-soothe
- Increased comfort in being alongside others in safe, therapeutic space
- Stronger readiness for group-based learning and social interaction

Example Session Structure

Each session includes:

- Calm group welcome and setting intentions

- Individual tray time for each child (with respectful quiet and boundaries)
- Optional shared time to notice patterns, themes, or choices (non-interpretive)
- Soft group closure and grounding

Each child works in their own tray, with no pressure to share or explain.

Who is it for?

- Children aged 6–12 (adjustable depending on group dynamics)
 - Especially supportive for those with early attachment disruptions, trauma, loss, or selective mutism
 - Ideal for pupils needing support with emotional regulation, social safety, or self-expression
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Group Size

- 3 to 4 children per group
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Session Duration

- 12 × 30-minute weekly sessions
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Cost Per Session

Schools and Public Bodies: £28

Subsidised for families: £14

For Funders

Fully funded cost per 12-week programme: £1536

(£32 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

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