

Family Mental Fitness North East

Programme Overview Art Therapy



EYFS	KS1	KS2	KS3	FAMILIES
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Art Therapy for Teens is a 10-week creative wellbeing programme offering a safe, structured space for young people to explore identity, emotion, and self-worth through art. Each participant selects a personal theme—such as resilience, anxiety, or belonging—and is guided to explore it through weekly themed art activities.

The programme culminates in a final personal piece, such as a canvas, sculpture, or digital collage, which may be included in a group showcase (optional). Music, artist inspiration (e.g. Lewis Capaldi's public discussions on mental health), and curated themes help spark engagement while giving each teen the freedom to express in their own style.

Purpose

To support emotional regulation, self-reflection, and confidence in teens through creative expression. The non-verbal, sensory-rich format gives young people a safe outlet for exploring complex feelings and making sense of personal experiences.

Impact

- Reduces emotional stress through creative self-expression
- Supports mental health and identity exploration
- Builds self-esteem and pride through project-based learning
- Fosters connection and empathy in a respectful, peer-led setting

Outcomes

- Increased confidence and emotional awareness
- Healthier coping strategies for stress and anxiety

- Improved reflective thinking and self-understanding
 - A sense of ownership and achievement through a final piece
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Example Session Structure

each session builds toward a personal art project, with young people adding new layers or chapters each week. Sessions include:

- Welcome and theme of the week (e.g. *"Shields & Strengths"*)
 - Guided creative work using paints, collage, clay, or mixed media
 - Time to develop individual projects with support and inspiration
 - Music or artist spotlight to spark ideas and connection
 - Optional reflection and safe sharing of progress
 - Ongoing sketchbook journaling or portfolio building
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Group Size

- Small group – 4 to 8 teens
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Session Duration

10 × 45-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £28

Subsidised for families: £14

For Funders

Fully funded cost per 12-week programme: £2460

(£31 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

Review Date: 19/08/26

