

Play Therapy at St Michael's



My name is Jo Hyland. I am a teacher and a therapeutic play practitioner.

We now offer play therapy at St Michael's, as part of our holistic and nurturing education.

What is play therapy?

Play Therapy is a type of therapy where play and art materials are used as a way for people, especially children, to express themselves if they are struggling to understand how they are feeling or finding it hard to put their experiences into words.

At some point, many children face challenges or difficulties which they will need to work through to feel happy, confident and thrive at school. Often these issues can be solved at home but sometimes help from outside families is what is needed to make sense of difficult feelings or things that have happened.



At St Michael's, we have created a dedicated play space for children to work 1:1 for a 40 minute session. Children may choose to play with small world toys, sand trays, clay, Play-Doh, puppets and arts and crafts.

There is a referral process within school, if staff feel children may benefit from therapeutic play sessions.