Creating Therapeutic Spaces

We have listed below some resources, equipment and ideas you might like to consider using as part of your RESTA practice. These are not exhaustive but will help to get you started about creatively supporting students in therapeutic way.

Working Therapeutically with Young People: General Strategies

- Constructing using Lego, Dough, Clay
- Collages and artwork
- Making music, writing songs, poems or writing stories
- Using sand trays
- Paper chains
- Comic strips
- Making and constructing puzzles
- Knitting, crocheting and sewing
- Acting out, dance and drama