

Happy circle Programme Overview

Happy circle is a structured, play-based therapy session designed to support the social and emotional development of children in the classroom. This group includes playful, collaborative and nurturing activities based on the Theraplay® principles that enhance children's emotional well-being.

Theraplay® is a therapeutic approach for building and strengthen attachment, self-esteem, emotional regulation, trust in others and joyful interactions.

These sessions will take place in the school. Each session is 30 minutes long over 6-8 weeks and consists of 4 blocks of play with key themes.

1. **Structure** Key themes: Safety and Regulation

Play activities are structured with a sequence and rhythm that provide consistency and predictability. This gives children the opportunity to experience safety and fun following the adults lead or control.

2. **Engagement** Key themes: Connection, Attunement, Regulation

Engaging activities are synced with children and encourage them to enjoy new experience. By connecting emotionally the child feels seen, heard and accepted.

3. **Nurture** Key themes: Needs met-security, regulatory, worthiness

These activities provide opportunities for caring for each other and make child feel physically/emotionally cared for.

4. **Challenge** Key themes: Growth, competence and confidence

With support from group leader, children have success with mildly challenging activities and learn they are competent to try new things and take developmentally appropriate risks.

Goals for the group

- Support positive mental health: self-esteem, trust, positive sense of self, self-regulation;
- Teach pro-social skills for successful social interactions: attention, cooperation, turn-taking, waiting and sharing;
- Build positive peer relations and a sense of belonging;
- Improve teamwork skills and individual learning;
- Emotional connection and shared joy.

Group leader: *Yulia Andropova, qualified child counsellor, registered member of BACP, Theraplay® informed facilitator.*