



## Theraplay® Sunshine Circles

**8-sessions group work developing emotional awareness and regulation through the power of Theraplay®.**

A Sunshine Circle group is informed by the principles of Theraplay® and follows the core approach of Structure, Engagement, Nurture and Play.

Up to 8 children: the group work collaboratively over the course of 8 weeks in sessions of 1 hour.

Pre & Post Evaluation to be collected– individual reports provided