

Every Child Shines
Art Therapy Tools for Teachers Supporting Students with Special Educational Needs

Trainer: [Daria Osmenda-Łukaszek](#)

Language used for the training: **English**

Target group:

kindergarten teachers, pre-school teachers, primary teachers, secondary teachers, adult education providers, head teachers, deputy heads, future head teachers, trainers, councilors, librarians, researchers, NGO workers, volunteers serving in the education sector, as well as university professors and lecturers.

Description:

This **6-day** course combines theory and hands-on workshops in art therapy, designed for teachers, educators, and therapists working with children with special educational needs (SEN). Participants will learn how to use visual arts, music, movement, theatre, eco-art, and phototherapy as tools to foster emotional regulation, creativity, communication, and social integration in the classroom. The program includes a cultural excursion to Las Palmas, connecting local culture with art therapy practice. Emphasis is placed on adapting methods to different types of disabilities (intellectual, sensory, motor, multiple), providing participants with ready-to-use strategies and scenarios for their professional practice.

Learning objectives:

- To understand the theoretical foundations of art therapy in special education.
- To acquire practical tools for integrating art therapy into work with children with SEN.
- To adapt art therapy methods to intellectual, motor, sensory, and multiple disabilities.
- To develop strategies for fostering communication, self-expression, and emotional well-being.
- To learn how to use art therapy for group integration and conflict resolution.
- To explore the role of culture and environment in therapeutic education.
- To exchange experiences and build international networks among teachers.

Pre-course activities:

- ▶ Familiarize yourself with the material sent by the trainer.
- ▶ Prepare a short presentation about yourself, your region, your school, and your projects for friendships and networking.
- ▶ Search for typical, traditional snacks of your country.

Methodology:

The course combines short lectures, practical workshops, group work, and reflective sessions. Participants experience art therapy methods firsthand through painting, music, movement, theatre, eco-art, and photography. Active learning methods such as drama, case studies, and collaborative planning ensure that knowledge is directly transferable into practice. Daily reflection and peer feedback help participants evaluate their progress. At the end of the course, participants design their own art therapy lesson or project tailored to their students’ needs. Certificates of participation are awarded after successful completion and active engagement in all modules.

Materials, digital tools & other learning resources:

Participants are required to bring a mobile phone with a camera. All other materials are provided (paints, clay, collage supplies, crayons, paper, simple instruments, eco-materials). Digital resources include handouts, lesson plans, and an online Padlet where participants upload their creations and photos, creating a shared idea bank from each art therapy module.

DETAILED COURSE AGENDA

Day 1: Activity

12:00 – 12.30	Welcome Coffee – Slow Arrival
12.30 – 13.00	Circle of Names – Who Are We?
13.00 – 14.00	City Walk: Discovering with All Senses
14.00 - 14.30	Break / Ice Cream Stop
14.30 - 15.30	Group Activity: The Object of Calm
15.30 – 16.15	Reflection Circle: One Word for Today
16.15 – 17.00	Evening Moment – Small Ritual

Day 2: Introduction & Integration

09:00 – 09:30	Welcome Circle – course overview, expectations, setting intentions. Presentations by the participants of their schools, regions and projects.
09:30 – 10:30	Mini-lecture: The role of art therapy in special education.
10:30 – 10:50	Coffee Break.
10:50 – 12:20	Workshop: “My colours – my emotions” (intuitive painting and group reflection).
12.20 – 12.30	Break
12:30 – 13:00	Group discussion: Adapting methods to different disabilities.
13:00 – 14:00	Reflection and sharing circle.

Day 3. Visual Arts in Special Education

09:00 – 10:30	Workshop: Mandalas and collage as tools for focus and relaxation.
10:30 – 10:50	Coffee Break.
10:50 – 12:30	"Painting Stones with Watercolours – Messages of Calm and Kindness"
12.20 – 12.40	Break / cleaning
12:40 – 13:00	Group work: Designing an art activity plan for students with SEN.
13:00 – 14:00	Reflection and peer feedback.

Day 4. Music and Story Therapy in Emotional Development

9.00 – 10.00	Introduction to Music and Story Therapy
10.00– 10.30	Workshop I: Inspired by <i>The Little Prince</i> <ul style="list-style-type: none"> • "The Rose's Melody" – emotions of tenderness and care • "Planets and Sounds" – the emotional journey of <i>The Little Prince</i>
10:30 – 10:50	Coffee Break.
10:50 – 12:30	Workshop II: <ul style="list-style-type: none"> • "Silence of the Stars" – contemplation and inner peace • "Music of Friendship" – collective improvisation
12:30 – 13:00	Case study: Adapting music and movement or drama to students with physical and sensory impairments.
13:00 – 14:00	Reflection and integration activities.

Day 5. Cultural Excursion

09:00 – 10:30	Guided cultural visit.
10:30 – 12:00	Phototherapy workshop: "Capturing emotions in the city".
12:00 – 12:30	Reflection: Using culture and environment as part of art therapy.
12:30 – 14:00	Group sharing – connecting experiences with practice.

Day 6. Forest Bathing & Eco-Art: Healing through nature

09:00 – 9.30	Introduction – The idea of Shinrin-yoku
9.30- 11.30	Guided Forest Walk
11.30 – 12.00	Break
12.00 – 13:30	Forest in a Jar – Keep a Piece of the Forest Within You
13.30 – 14:00	Closing Ritual

Day 7. Closing

09:00 – 10:30	A final session to reflect on the course. Develop action plans to implement course learnings in participants' schools.
10:30 – 11.00	Coffee Break.
11.00 – 12:00	Evaluation and feedback circle – mapping emotions and learning.
12:00 – 13:00	Certificate Ceremony & Farewell Ritual.
13:00 – 14:00	Informal networking.

While a standard indicative daily program is in place, the course is flexible and can be personalized based on the participants' needs.

Costs:

The 560 EUR fee covers the course tuition, issuing the required Erasmus+ documents, coffee breaks, and a guided tour around city.

Course package content

The package includes tuition, training materials, workshop equipment, cultural excursion, and certification. Accommodation, meals, and travel are not included and must be arranged individually.