

Name of intervention: Sunshine Circle



Intent: Our Sunshine Circle is a group session based on Theraplay approaches. It is an evidence-based, adult-led approach using playful, cooperative activities to enhance social-emotional development. It fosters trust, self-esteem, and positive peer relationships by promoting connection.

Implementation: Small group of between 4 and 6 children. Takes place once a week for 30 – 45 minutes.

Impact: Staff regularly discuss the impact the sunshine circle is having on children's emotional wellbeing and self-esteem.

Lead by: Carly Taylor and Leanne Kitts