



## Personal Development at Newbridge School



### Pastoral & Therapeutic Support at Newbridge Learning Community

#### Lego Therapy - Therapies at Newbridge Learning Community

At Newbridge Learning Community, our Lego Therapy sessions provide a structured, supportive environment where students with SEMH needs can develop communication, teamwork, and problem-solving skills through hands-on building activities. This targeted pastoral intervention helps students engage positively with peers while enhancing social and emotional learning.



#### **Activities include:**

- Collaborative Lego Projects: Students work together to plan, build, and complete Lego models, fostering teamwork and shared problem-solving.
- Skill Development: Sessions focus on improving communication, turn-taking, patience, and emotional regulation.
- Personal Growth: Students develop confidence, independence, and resilience in a calm, structured setting.

#### **Impact for Students:**

- Strengthens social and communication skills in a fun, engaging way.
- Encourages collaboration, patience, and listening skills.
- Provides a calm, focused space for personal reflection and confidence building.
- Supports SEMH students in developing positive relationships and self-esteem.

Lego Therapy is one of the ways Newbridge ensures every student has access to pastoral support and opportunities to develop essential life skills in a safe, encouraging environment.



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#### Reiki Therapy - Therapies at Newbridge Learning Community

At Newbridge Learning Community, Reiki sessions provide a gentle, holistic approach to supporting students with SEMH needs. These sessions help pupils manage stress, regulate emotions, and improve overall well-being in a calm and nurturing environment.



#### Activities include:

- **Guided Reiki Sessions:** Students experience relaxing energy-based techniques to promote calmness and emotional balance.
- **Mindfulness & Relaxation:** Sessions encourage focus, self-awareness, and stress management.
- **Personal Reflection:** Students are supported in exploring feelings and building inner resilience in a safe, supportive setting.

#### Impact for Students:

- Reduces stress and anxiety and promotes relaxation.
- Builds emotional regulation, self-awareness, and resilience.
- Provides a calm and nurturing environment to support SEMH needs.
- Supports personal well-being, confidence, and positive engagement in school life.

Reiki is one of the many ways Newbridge offers pastoral support and wellbeing-focused interventions, helping students develop the tools to thrive academically and personally.



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#### Creative and Expressive Therapies - Therapies at Newbridge Learning Community



For many pupils with SEMH needs, non-verbal expression can be a powerful and accessible way to explore emotions and build confidence. Creative and expressive therapies provide structured, supportive opportunities for pupils to communicate, reflect and grow.

#### **Activities**



**Art Therapy** - Drawing, painting, sculpture and mixed-media projects that allow pupils to express thoughts and feelings visually.



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### Creative and Expressive Therapies - Therapies at Newbridge Learning Community



**Drama Therapy** - Role play, storytelling, improvisation and performance-based activities to explore emotions, relationships and social situations.



**Music Therapy** - Listening, composing, singing or playing instruments to encourage emotional expression and regulation.



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### Creative and Expressive Therapies - Play Therapy at Newbridge Learning Community



**Play Therapy** (*particularly effective for younger pupils*) - Structured therapeutic play sessions that enable pupils to process experiences and express feelings safely.

### Impact

- Supports healthy emotional expression
- Builds self-esteem and confidence
- Strengthens communication skills
- Develops social understanding and empathy
- Improves emotional regulation
- Encourages engagement and positive relationships

These approaches provide a flexible, relationship-centred environment where pupils feel safe to explore their experiences and develop the skills they need to thrive.