

SCHOOLS THAT CARE

Building Emotionally Intelligent Schools

Instagram:
[@aayinatherapy](https://www.instagram.com/aayinatherapy)

Website:
aayinatherapy.com



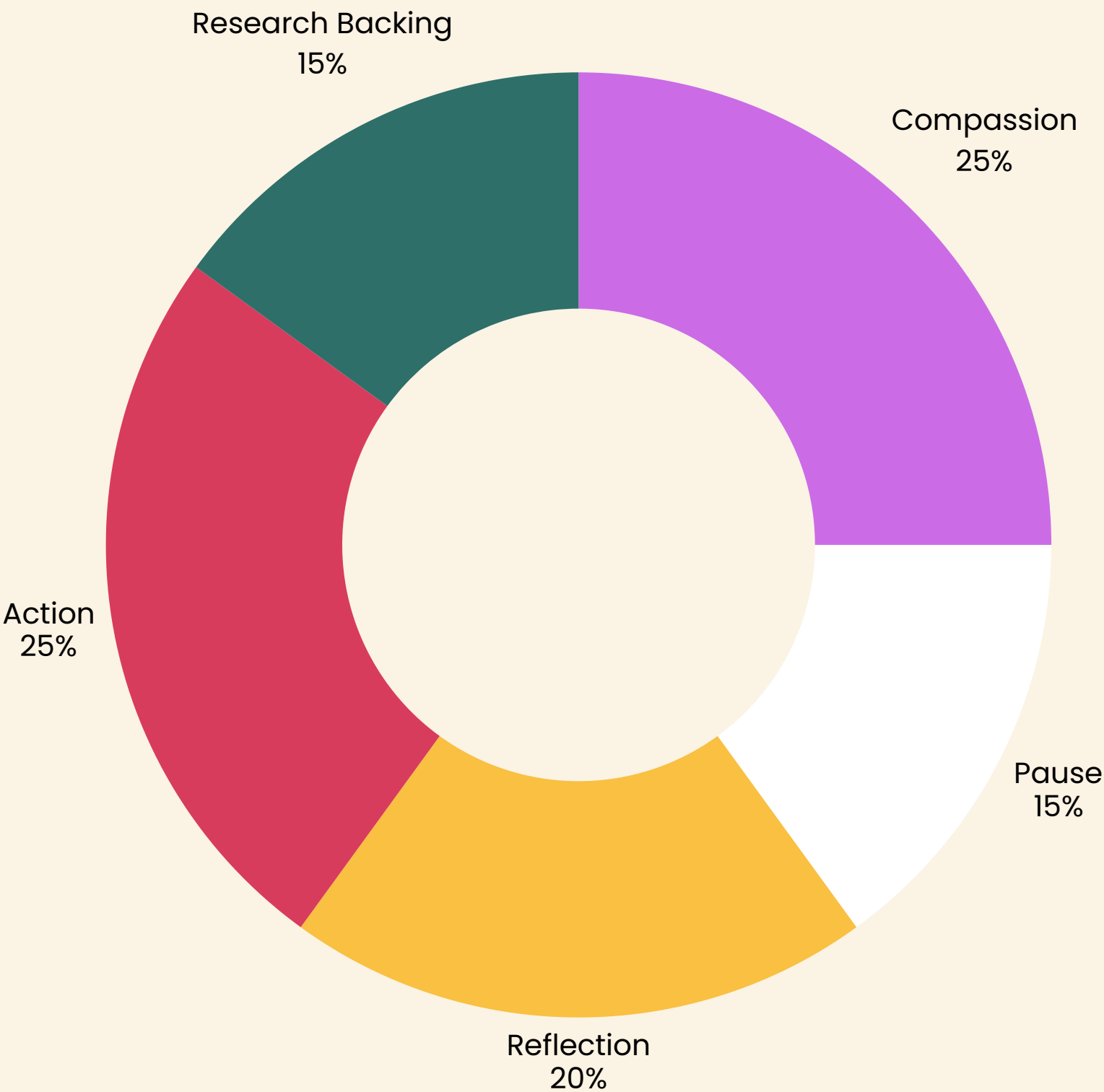
what are **WE ABOUT?**

At Aayina, we believe healing begins with reflection not judgment. In a world that often asks you to perform, perfect, or push through, we offer a pause. A mirror. A space to meet yourself gently, fully, and without urgency.

Rooted in expressive arts and deep listening, our therapeutic space honors each person’s story, pace, and emotional truth. We don’t rush insight. We don’t chase labels.

We invite you into a deeper conversation with yourself — one shaped by compassion, creativity, and quiet courage.

Ayina is not just therapy. It’s a practice of coming home to yourself.



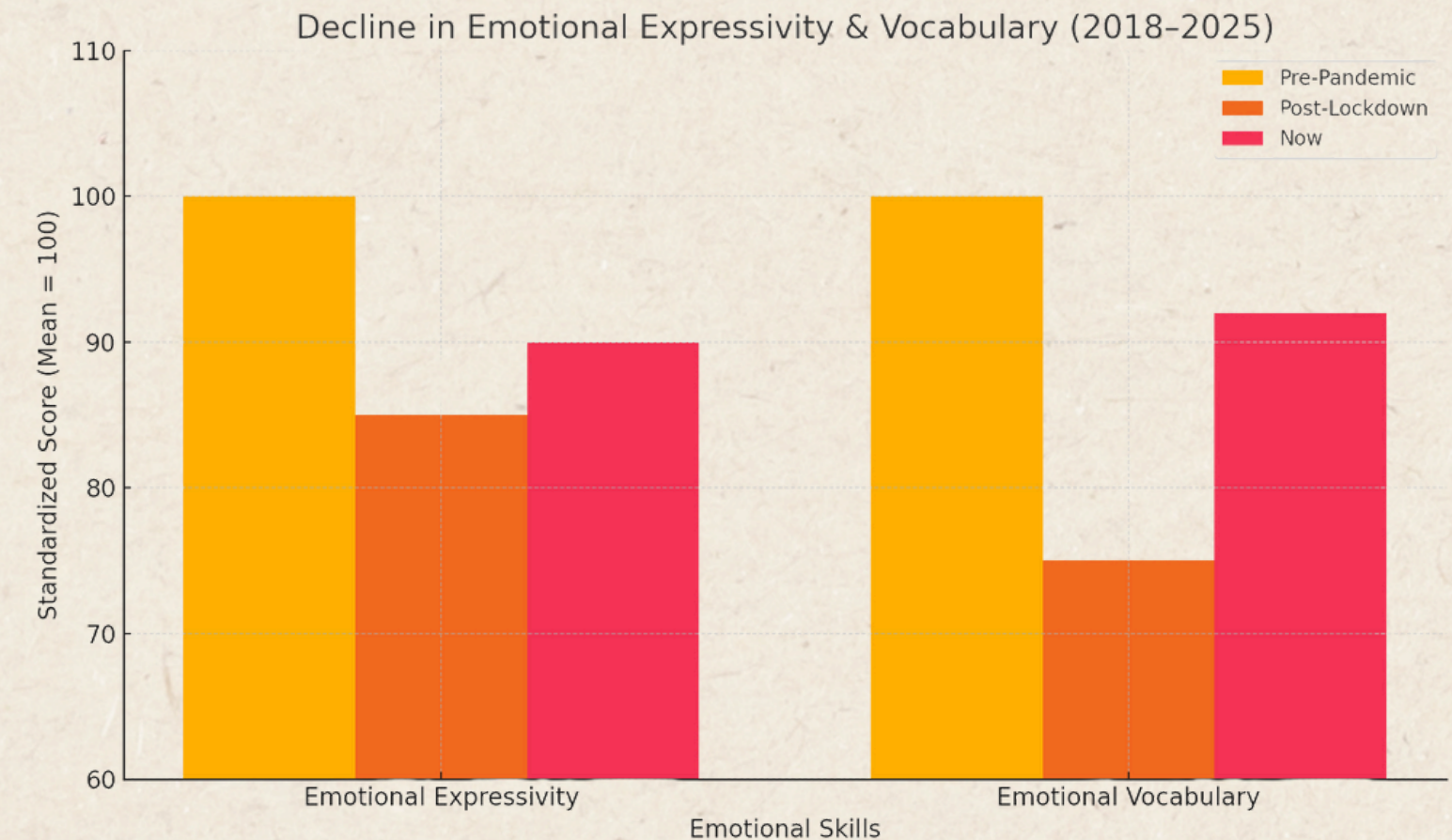
THE PROBLEM

Young people, especially post-pandemic, show a marked decline in emotional vocabulary. Their lexicon for emotions is shrinking, replaced by vague labels (“I’m fine”, “I’m stressed”, “I’m over it”) or emoji-based shorthand.

This leads to emotional flattening:

- Inability to articulate nuanced feelings
- Poor self-awareness and difficulty seeking help
- Surface-level communication in relationships

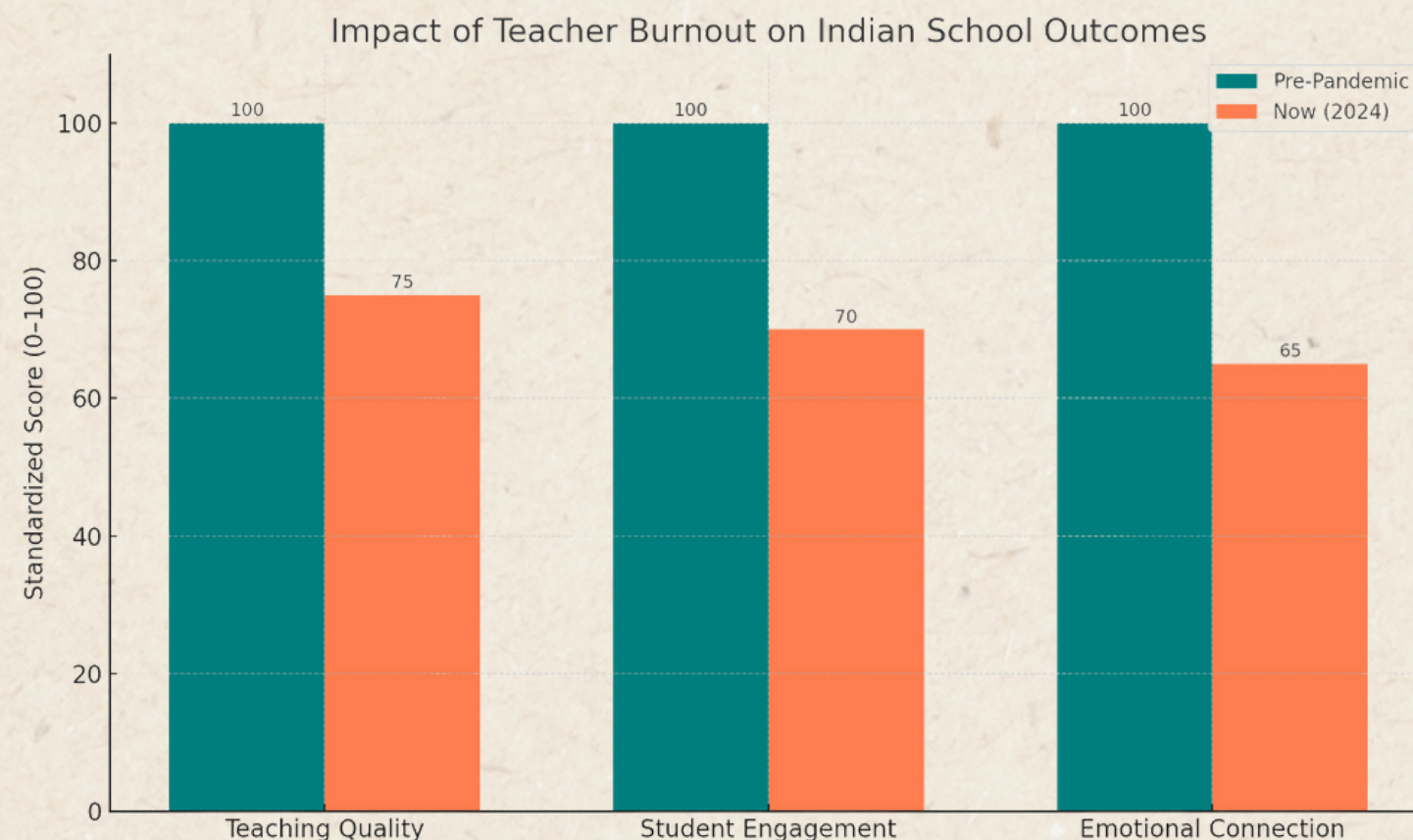
This shows a critical need for structured, expressive SEL interventions in schools.



Teachers are now expected to be educators, counselors, mediators, and mental health first responders, roles they were neither trained for nor prepared to emotionally sustain over time. This phenomenon has been termed **"Pastoral Overload."**

Teacher burnout has quietly but significantly disrupted core pillars of effective schooling.

Emotional exhaustion, depersonalization, and lack of institutional support have translated into poorer outcomes, not only for educators but for their students as well.



SOLUTION

OUR APPROACH INTEGRATES RESEARCH-BACKED MODELS SUCH AS NARRATIVE THERAPY, EXPRESSIVE ARTS, ACCEPTANCE AND COMMITMENT THERAPY, AND THE CASEL SEL FRAMEWORK TO HELP STUDENTS AND TEACHERS:

Reclaim emotional vocabulary through storytelling, art, and metaphor — modalities that naturally bypass resistance.

Develop body-emotion mapping to identify physical cues of emotional states, building interoceptive awareness.

Engage in dialogic reflection in safe group settings where language is co-constructed, not imposed.

Move beyond binary labels ("good/bad", "happy/sad") toward nuanced understanding ("disappointed," "overstimulated," "resentful," "torn").

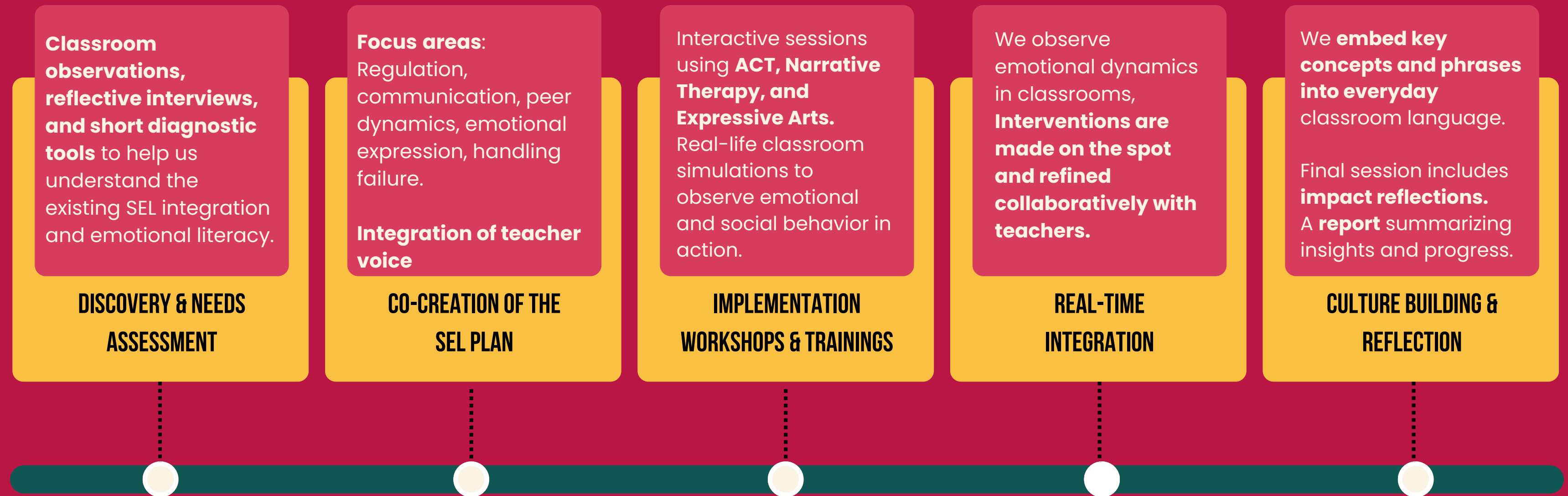
We equip teachers with reflective frameworks that extend beyond classroom management supporting them in integrating emotional awareness into their personal lives, enhancing resilience, and reducing chronic stress both inside and outside the school environment.

These programmes model emotional language, not only during "wellness periods" but in the everyday moments — transitions, group work, conflicts, and feedback. Emotional literacy must live across the classroom, not only inside a counselor's office.



OUR JOURNEY WITH YOUR SCHOOL

We don't believe in one-size-fits-all. Every school, like every student, carries its own culture, challenges, and language. Our process is designed to be deeply collaborative, rooted in evidence, and mindful of your school's unique value.



FOR LONG-TERM PARTNERSHIPS, WE EXPLORE SUSTAINED SEL (SOCIAL AND EMOTIONAL LEARNING) CURRICULUM SUPPORT

OUR FOUNDATION



Narrative Therapy

- The problem is the problem – not the person. **Takes the blame away from student as well as teacher.**
- Externalizing **makes shame safe to talk about** and offers tools for identity re-authoring in classrooms that often define children by marks or behavior.
- **Aligns beautifully with Indian school narratives** (e.g., “good child,” “average student,” “naughty kid”) and helps unstick them.



Acceptance and Commitment Therapy

- **Teaching students to identify “hooks”** – recurring internal thoughts (like “I’m not smart,” “they’ll judge me”) – **and unhook from them using creative distance.**
- It helps students **notice thoughts as temporary** visitors, not truths.
- **Values-mapping** resonates especially well with adolescents navigating family pressure vs. personal passion



Expressive Arts Therapy

- **Teaching students to identify “hooks”** – recurring internal thoughts (like “I’m not smart,” “they’ll judge me”) – **and unhook from them using creative distance.**
- It helps students **notice thoughts as temporary** visitors, not truths.
- **Values-mapping** resonates especially well with adolescents navigating family pressure vs. personal passion



CASEL SEL framework

- **Builds shared language and emotional agency** in school culture.
- Moves SEL **from a one-time workshop to a living practice.**
- Addresses **India-specific issues** like collectivist silence, shame-based comparison, fear of expressing need.
- Allows **inclusion of non-verbal** or socially anxious students.

WHAT WE OFFER

ASSESSMENT & CO-CREATION

We begin by understanding the unique emotional landscape of your school.

Includes:

- Classroom observations
- Reflective interviews with students and teachers
- Short diagnostic tools

Key focus areas:

- Emotional regulation
- Peer dynamics
- Communication patterns
- Expression & handling failure

CULTURE BUILDING & ECOSYSTEM SUPPORT

Phrase Adoption: Introducing age-appropriate language around emotions, boundaries, and empathy.

Routine Integration: We weave SEL into morning circles, classroom reflections, and transitions, as part of the school rhythm.

Visual Cues & Environment: Posters, activity corners, and mood boards to reinforce emotional vocabulary and create psychologically safe spaces.



WHAT WE OFFER

CAPACITY BUILDING & TRAINING

Mirror Rooms for Students: Interactive, age-appropriate sessions focused on emotional literacy, resilience, relationship skills, stress management.

Mirror Rooms for Teachers: Designed to enhance teacher sensitivity, emotional responsiveness, and classroom regulation strategies.

COMMUNITY ENGAGEMENT

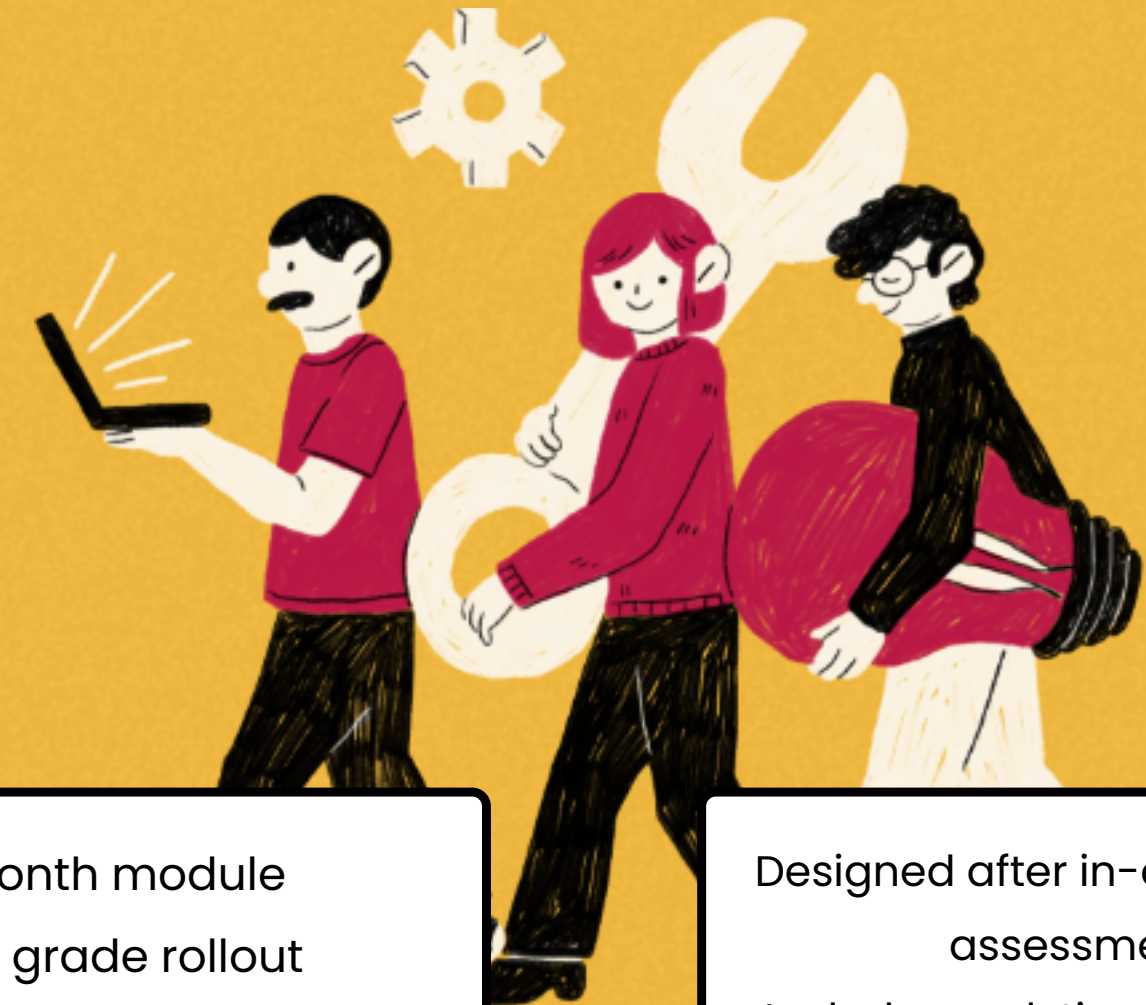
Children thrive when the adults in their life, both at home and school, are emotionally aligned. Hence, we also offer mirror rooms for parents.

Intro to SEL & Emotional Language: Simple ways to talk to children about emotions at home.

Handling Emotional Outbursts & Stress: Practical tools rooted in ACT and Narrative Therapy to help parents respond, not react.



THE ASK



One-time experiential session
Flexible duration
Topic-specific
Tailored by age group

Starting from
20,000 onwards/-

WORKSHOP

IDEAL FOR TOPIC SPECIFIC
WORKSHOPS OR SPECIAL EVENTS

4-week module
One grade level

e.g., 4 weekly sessions
focused on core SEL topics.

Starting from
50,000 onwards/-per class

**Includes facilitator, materials, and summary.*

BASIC TIER

GREAT FOR SHORT-TERM,
STRUCTURED INTERVENTIONS.

3 month module
Multi grade rollout
Experiential SEL Learning
Teacher training & reflection
Insight + impact report

Starting from
1,20,000 onwards/-

COMPREHENSIVE TIER

FOR SCHOOLS LOOKING TO EMBED
SEL ACROSS THE ECOSYSTEM.

Designed after in-depth needs
assessment.
Includes real-time classroom.
coaching, school culture
support, policy advisories.
Fully flexible in duration & scope.

Quote on Request

CUSTOM TIER

PERFECT FOR SCHOOLS WITH
SPECIFIC EMOTIONAL GOALS.

ADDITIONAL SERVICES

ASSESSMENT AND NEED ANALYSIS

Classroom observations, diagnostic tools, and interviews to understand your school's emotional landscape and readiness.

Rs. 25,000/- per grade

TEACHER TRAINING

Experiential workshops to build emotional responsiveness, co-regulation strategies, and reflective teaching practices.

Rs. 20,000/-per session

CURRICULUM DEVELOPMENT

Customised SEL modules embedded into your academic calendar — with lesson plans and activity guides.

Rs. 40,000/-per grade





GET IN TOUCH

For more information or to schedule a meeting, please contact us.

PHONE: +91 9625454625

EMAIL: CONNECT@AAYINATHERAPY.COM

WEBSITE: WWW.AAYINATHERAPY.COM
