



Enhancing Emotional Literacy
through Visual Arts

Frequently Asked Questions about the Dax Approach to enhancing emotional literacy through visual arts (ELVA).

What is Emotional Literacy?

Emotional literacy is the ability to be aware, express and respond to emotional experiences. The aim of emotional literacy is for children to be emotionally alive, emotionally aware, and emotionally connected with themselves, others and experiences and situations.

What are the benefits of emotional literacy for my child?

Emotional literacy strengthens a positive sense of wellbeing within our students through encouraging a greater self-awareness of themselves and others within a safe and supportive environment. It increases their learning capacity, improves school connectedness and retention, strengthens positive peer relationships and resilience, and decreases the incidence of bullying.

Is this model for all children?

The ELVA Approach is seen as part of the current wellbeing approach within the school. It is designed for all students and can be implemented through visual arts classes by both a specialist art teacher and classroom teacher.

Is this arts therapy?

The ELVA Approach is not a therapeutic model. Art therapy focuses on identified issues and treatment. ELVA works with all students in a classroom context to develop their emotional literacy capacity as part of the schools commitment to educating the whole child.

How is ELVA different?

ELVA focuses on the child's experience in art as it engages the emotional world of the child in the context of relationships. This process assists the child to better understand themselves and the world around them. Art creates a natural opportunity that enables this to happen. This approach, in contrast to most other classroom approaches, is not based on cognitive behavioral models with a focus on skills. ELVA is not instructional it is experiential, while still meeting the curriculum requirements.

Will my child continue to receive a high standard of art education?

ELVA is integrated into and meets the requirement of the current curriculum, assessment and reporting standards within its model of enhancing emotional literacy through visual arts.

Have the teachers been trained in ELVA?

The teachers at the school who are implementing ELVA have undergone an extensive training program and will continue to be trained and supported through The Dax Centre.

Who do I talk to if I think my child may need extra support in the area of wellbeing?

If you are concerned about your child's wellbeing please contact the classroom teacher within the guidelines of the school.