



creative flow™

Nurturing Your Child's Creativity

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Research shows that engagement in the arts supports cognitive, social, and emotional development. Creative acts move children to problem solve, to take risks, to innovate, to collaborate, and to express themselves clearly to others. Most children find creative exploration to be fun, particularly when they are not feeling pressured to do something the “right” way, but are given time and space to find their own unique sound, image, dance, etc. Make intentional opportunities that invite children to step away from video games and TV in order to explore the fun and power of their own creativity and imagination.

A few ideas:

- 1) **Kitchen Jam:** Go through your kitchen and create a unique collection of instruments. . . wooden spoons on plastic containers, a whisk tapping on a pot, a beater as a microphone, shaking a jar with rice, beans, etc. Each family member takes a turn starting a groove, then invites the rest of the family to join.
- 2) **Put it in a Song:** Encourage your child to write and/or sing a few lines about something he or she really enjoyed . . . a beautiful vacation spot, a fun day with friends, etc. You can “back them up” by providing a beat or back-up vocals. Encourage expressive freedom and celebration of life’s good moments. Songs can also be a helpful means for expressing sadness, anger, worry, etc. For example, if a child loses a pet, writing a song can be a way to help the child move through feelings of sadness.
- 3) **Art Corner:** Create a designated corner for artistic exploration. Self-soothing materials: **clay, play dough, foam dough**-items to squeeze help relieve tension, **pastels**-getting messy can help let it out, **tissue paper**- making an abstract painting tearing tissue paper then layering it down with decoupage to create a painting or print coloring pages from online can be very soothing when overwhelmed or upset, **old newspapers or papers for tearing** helps with frustrations - then glue it down and turn it into art!
- 4) **Art Journal:** Encourage your child to record thoughts, feelings, memories from the summer in an art journal. Help your child create a decorative cover for a basic composition notebook. After a day of activity, encourage some quiet time, where your child can draw or write reflections from the day in the journal.

