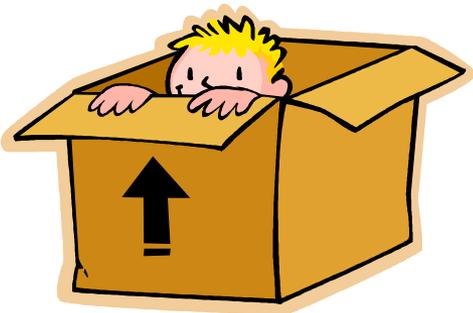


CREATIVE & EXPRESSIVE ART THERAPY



Art not only reproduces the visible, but makes visible that which is not easily seen.'

Kimon Nikolaides, arts educator



Why Art is Important

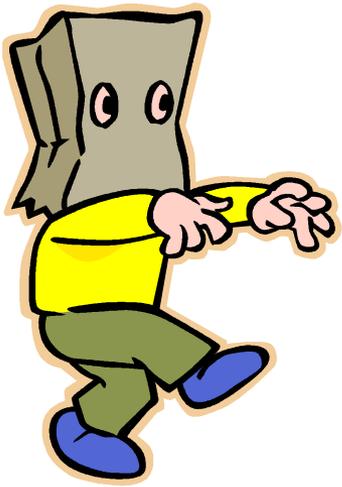
- Activate fantasy and imagination, giving it shape and color, bringing out messages
- Art making is the doorway to our souls.
- Natural tendency for the psyche to heal itself.

(Carl Jung's teachings)

CHILDREN'S ART



Through art and play, children may play / act out issues, traumatic events, uncomfortable situations, and build coping skills.



PLAY

~ Look At The World Through A Child's
Eyes ~





1. We can only give what we are aware of, accept and appreciate in ourselves.
2. The child takes the lead when he/she feels safe and comfortable.
Others / supplies / toys = catalysts.

3. Children learn by experience.

4. Sit down at children's eye level and show interest.

5. Listen to the child





6. A statement goes to the child's soul.

7. Play is children's language.

8. 'It sounds like you have a plan.'

Using Choices & Consequences
turn all responsibility back to
them.



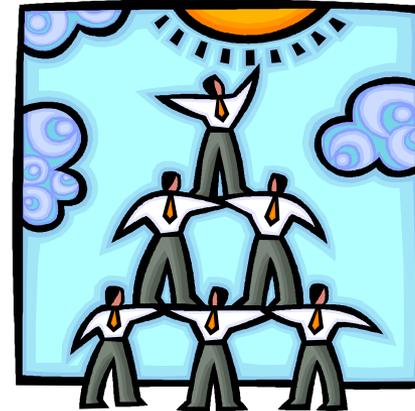
9. Allow - No hurry
10. Play is intrinsically complete & rewarding
Give the child credit, not praise.
Play allows children to discover
their own strengths
11. Always address the child as 'you'
12. If I don't learn something from the
child, then the child won't learn
anything from me



THE ARTS FOSTER, ENHANCE, NURTURE AND PROMOTE:

- * Hand-Eye Coordination
- * Small Muscle Development
- * Concentration / Focus
- * Relaxation
- * Cooperation
- * Imagination & Fantasy
- * Self-Esteem
- * Processing Information
- * Following Direction

...



...THE ARTS FOSTER, ENHANCE, NURTURE AND PROMOTE:

- * Self-Motivation to Explore & to Learn
- * Sense of Control & Accomplishment
- * Confidence in Risk-Taking
- * Left/Right Brain Harmonization
- * Creativity & Problem Solving
- * Compassion
- * Stress Management
- * Emotional Intelligence
- * Bonding

