



## FACT SHEET

# Creative arts in Early Years

*“Art is as natural as sunshine and as vital as nourishment.” Maryann F. Kohl*

## How to make Creative Art sessions rich & meaningful:

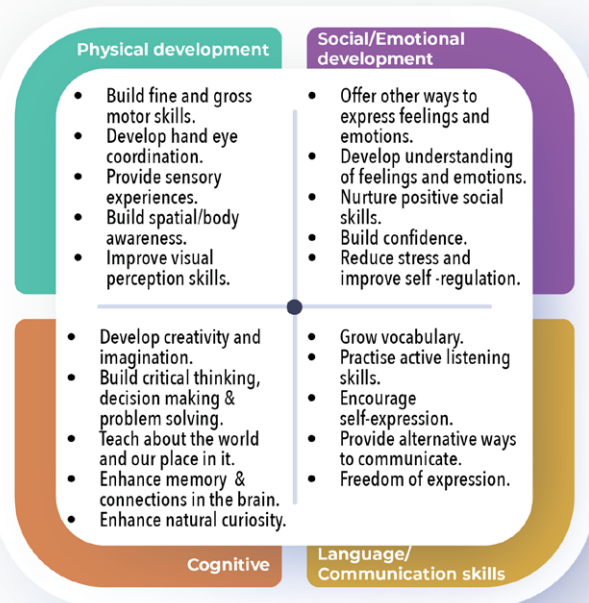
Experiences which are child-led and open-ended will invite children to experiment and explore, plus nurture their development across learning areas listed below.

## CREATIVE ARTS

have many benefits for children.

They are:

- fun for children;
- encourage practice of skills essential for learning and life, and;
- nurture development in the following areas:



**Child-led** means the child takes the lead –they are given time and space to explore themselves, with adults providing encouragement but less direction.

**Open-ended** means the focus is more on the process and less on a result. Materials and activities are those which invite children to use and play with them how they wish e.g. a range of materials, mediums, loose parts, props, instruments.

Educators can model creative skills, techniques and provoke thought/reflection, whilst ensuring time (daily routines) allow for children to engage in self-directed creative play.

### Examples of creative art activities:

#### Physical development:

- Build fine motor skills – threading and beading with a range of smaller loose natural materials.
- Gross motor skills – Free dancing to different styles of music.
- Develop hand-eye coordination – Cutting and gluing collages.



### Sensory exploration:

- Explore the sense of touch (tactile learning) - Clay and dough sand sculptures.
- Build spatial awareness - Watching and talking about how different animals move then acting these out to the rhythm of a drum/instrument.
- Improve visual ability – Still life drawing of different objects or drawing from nature around them.



### Social/Emotional Development:

- Expression of feelings and emotions – exploring how colours can match emotions and create self-portraits.
- Develop understanding of feelings and emotions – observe artworks, listen to songs, and watch performances then discuss the feelings and emotions presented in them.
- Nurture positive social skills – Puppet shows to act out social skills.
- Build confidence – Use constructive praise and ensure materials and activities suit age group/abilities.
- Reduce stress and improve self-regulation – listening to calming music and practicing deep breathing.
- Develop understanding of positive behaviour – make and read 'social stories' with children.



### Cognitive:

- Develop creativity and imagination – Providing a dress up box with props.
- Critical thinking, decision making & problem solving – Encourage thinking about the planning and designing of artworks, ask open-ended questions about the process they use.
- Learn about the world and their place in it – Role playing everyday activities in dramatic play.
- Build memory and connections in the brain – Painting or drawing an object or event from their memory.



### Language/Communication skills:

- Grow vocabulary – ask children to describe and share their creations and discuss the materials they use.
- Practice active listening skills- Read stories then ask children to act and re-tell the story.
- Promote self-expression – encourage children to choose their way of presenting news – draw, paint, sculpt, dance it etc.