



The Benefits of Creative Arts

BY DAWN LEONARD, BSN

Children's art is one of the first ways they learn to express themselves. You've probably found them doodling with crayons, markers, pens, and anything else they can get their hands on.

Making artwork is more than just a colorful hobby. Preschoolers, elementary schoolers, and teenagers all benefit in ways that cannot be replicated by other activities. Let's look at reasons why it's important to get kids involved in art on a regular basis.

REASONS WHY IT IS IMPORTANT TO GET KIDS INVOLVED IN ART ON A REGULAR BASIS.

CREATING ART HAS BEEN SHOWN TO HAVE MANY BENEFITS, INCLUDING:

A child's imagination can come to life through an art project, which not only helps them develop their creative potential but also their analytical and problem-solving abilities.

The right brain/left brain dichotomy is a concept you're probably familiar with, despite the fact that it's been called into question. People who are creative were thought to be "right-brained," as the right hemisphere of the brain is responsible for visual and artistic processes while the left hemisphere handles language, logic, and precision.

The two sides are intertwined, and art is a great medium for teaching kids how to develop and execute an idea, deal with setbacks and successes in the creative process, and have a good time doing it.



BEING CREATIVE CAN DO WONDERS FOR YOUR SENSE OF IDENTITY AND CONFIDENCE

When kids can make choices and share their thoughts without fear of judgment, they flourish. Through creative arts and expression, they can gain confidence in themselves and find a voice for their inner experiences. Here, unlike in the classroom, success or failure depends entirely on the individual's perspective and aspirations.

There may be guidelines, such as "Paint only on the canvas," but the final product is entirely up to them. They will feel more secure in themselves if they are allowed greater latitude for expressing their individuality. Because of the exposure to new vocabulary related to the arts, this is also a fantastic way to improve their language skills.



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THE PRACTICE OF ART CAN HELP KIDS HONE THEIR DEXTERITY

Educators have noticed a rise in the number of students who lack the necessary fine motor skills to succeed in the classroom. Exploring different grips and how to manipulate a pencil can help youngsters develop dexterity at an early age in the home. Fine motor skills can be developed and maintained through engaging in creative pursuits.

Example: the art of painting. Holding a paintbrush is similar to holding a pencil, but the results are much more exciting than scribbling down vocabulary words. Children who are learning to paint develop better motor skills as they try to mimic their teacher's strokes, shapes, and patterns (or try out their own style).

At ***Our Daily Gnome Creative Arts Center*** we have many kid-friendly painting guides to use in the studio or purchase a pre-made kit to take home and get creative.





CREATING ART CAN AID IN THE DEVELOPMENT OF SPATIAL AWARENESS

Possessing good visual-spatial skills aids children in figuring out where things are in the room. These are the same abilities that allow them to imitate dance routines they see on YouTube, to hit a baseball, to draw letters and shapes, or to solve a maze.

Developing these abilities through the creative process is a great goal for art education. When asked about drawing what they like best, do your kids or students ever say "no"? Supposing they want to depict their pet in a drawing. Without realizing it, they are engaging in a great deal of visual-spatial processing as they try to draw their dog, imagining the dog's size, shape, weight, and color.

THE PRACTICE OF ART IMPROVES RETENTION AND DISCIPLINE

An additional advantage of art for kids is that it. Better memory and self-control are additional benefits of strong visual-spatial abilities.

Children practice self-control without even realizing it when they sit down to make an artwork. In order to achieve their goal of creating a painting that resembles a pair of cute pink unicorns or a space explorer, they are not free to use any method, color scheme, or technique that strikes their fancy. By practicing visual recall, they can create works of art from memory. And whether they learn from a live or recorded instructor, they'll hone their ability to retain information and carry it out.

Painting parties are a fun activity for kids and adults of all ages to participate in for a variety of occasions, including family nights, birthday parties, play dates, and more, all while fostering the development of these important skills.



HAVING FUN WITH ART IS A GREAT WAY TO UNWIND

Having fun with art is a great way to unwind and be rewarded.

Making art has been shown to be beneficial to a child's emotional well-being because it reduces stress and anxiety. The pleasure centers in the brain are also stimulated by creative activity, whether your budding artist is sketching, modeling clay, or creating noodle art.

This explains why engaging in creative pursuits like arts and crafts is so beneficial for kids and teenagers. They leave feeling encouraged to try new things and with a renewed sense of purpose. Art may be the answer if you're looking for a cooperative endeavor that benefits everyone involved. It's a great chance for kids to interact with others, whether they're close relatives or classmates, and help them develop positive social skills.



THE USE OF CREATIVE METHODS IN THE CLASSROOM HAS BEEN SHOWN TO IMPROVE RESULTS

Success in school can be achieved by lowering stress levels, enhancing memory, and bolstering self-assurance.

Enrolling students in art classes has been shown to improve writing scores by 13% and reduce disciplinary issues by 3.6%, according to a study of over 10,000 students from grades 3-8. Students' motivation to go to college was also increased.

Encourage your child's development of these skills at home with one of **Our Daily Gnome's Art Kits to Go**, or in the studio during open craft time or one of our many classes/workshops if art education is lacking at their school or if you simply want to help them develop their creative potential.

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ART HELPS CHILDREN MAKE SENSE OF THE WORLD

Art not only bridges cultural divides, it is a universal language. Young people don't have to be experts on art history or cultural background to appreciate works from other eras and cultures.

Children who begin to express themselves creatively develop a natural interest in the work of other artists, particularly if it is done in a medium or subject that is already familiar to them. Kids who engage in the creative process are more likely to develop a lifelong appreciation for the arts and culture, which is an important foundation for making friends. A study we discussed earlier found that participating in arts education increased students' propensity for empathy and tolerance.

ART HAS
THE ROLE IN EDUCATION
OF HELPING CHILDREN
BECOME LIKE THEMSELVES
INSTEAD OF MORE
LIKE EVERYONE ELSE.
-SYDNEY GUREWITZ CLEMENS



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