



EXPRESSIVE ARTS AT HOME

AGENDA



- **Introduction**
- **Presentation**
- **Q&A**



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What is Expressive Arts?



- Using the art making process to improve social, mental and emotional functioning and to increase feelings of well-being (Malchiodi, 2011).
- **Why is expressive arts important?**
 - It positively impacts self esteem and confidence
 - Teaches emotional regulation and expression of feelings
 - Helps develop positive coping skills
 - Aids in the navigation and communication of experiences
 - Allows children to have a voice through art

A small green seedling with several leaves is growing out of the sand in the foreground. The background is a vast, sandy desert landscape under a clear, bright blue sky. The overall scene is bright and clear, with a focus on the small plant in the foreground.

Life isn't about finding yourself.
Life is about creating yourself.

- GEORGE BERNARD SHAW -

 LYNN KIRBY @ LYNN
PHOTO BY AMAR P

Who can benefit from Expressive Arts?

- Everyone
 - Proven to be beneficial for individuals from diverse backgrounds ranging in age from children to adults.
- Great to do with the entire family!



10 At Home Art Activities



<https://drive.google.com/file/d/1JFV3lI3blYxJWcOhhZebhgflmNOOG9-4/view?usp=sharing>

Tree of Strength

- Lay your hand on the paper, fingers spread with part of your arm also on the paper.
- **Part 1:** Trace your arm and hand, leaving the tips of the fingers open (see picture #1 below)
- At the end of each finger create branches
- At the end of each branch, draw leaves, big enough for you to write in
- **Part 2:** On each leaf write one thing that helps you get through a difficult time
 - Supportive people
 - Personal strengths (kind, hardworking, strong)
 - Things you like to do (reading, coloring, watching tv)
 - Coping strategies (deep breaths, writing, talking to a friend)

Part 1



Part 2



Positive Affirmation Box

- You can use anything to create your positive affirmation box or jar!
- Cut small strips of paper for your positive affirmations.
- Set time aside everyday to write down on positive thing about yourself or something you are grateful for.
- Examples:
 - I am an amazing person
 - I am learning everyday
 - I worked so hard today
 - I am confident
 - I am brave
 - I am grateful for my family



Lunch Bag Kite

- Decorate the outside of a brown lunch bag.
- If you have tissue paper you can cut thin strips to attach to the opening of the bag.
- Cut a tiny hole at the base of the bag for the kite string.
- Cut a piece of string (yarn or rope), tie one end to the stick and feed the other end through the hole in the bag.
- The stick should keep the kite string from pulling out while flying.



Cardboard Cactus

- **Step 1:** Sketch a flower or cacti onto your toilet paper or paper towel roll
- Then use scissors to cut out your plant
 - If you are using a flat piece of cardboard you can do the same thing and then stand it up in an old can as a planter!
- **Step 2:** Color or decorate your flower or cacti any way you want.

Step 1



Step 2



Paper Plate Bunny

- Start by cutting out two bunny ears
- Glue the bunny ears on the paper plate
- Draw eyes and add a heart for the nose
- If you are using pipe cleaners or pasta for the whiskers you can glue those too.
- Decorate however you want and name the bunny!



Resources

- Pinterest
 - <https://www.pinterest.com/bankstreetCL/expressive-arts-activities/>
- Arts & Craft Ideas
 - <https://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids/>
- Educational Art Activities for Preschoolers
 - <https://www.earlychildhoodeducationzone.com/art-activities-for-preschoolers/>
- Teen Resources
 - <https://www.simplepractice.com/blog/art-therapy-activities-teenagers-relieve-stress-boost-self-esteem-improve-communication/>
- 40 Art Projects for Kids
 - <https://leftbraincraftbrain.com/40-best-art-projects-for-kids/?cn-reloaded=1>

- You don't have to be creative or artistic to utilize Expressive Arts
 - It's about the process not the finished product
- Keep it simple
 - You can turn anything into art
 - There are a ton of free resources and ideas online
- Have fun!
 - Don't put pressure on yourself

DON'T
FORGET
TO HAVE
A GOOD
TIME 



THANK YOU!

